

DETROIT PUBLIC SCHOOLS

Department of Instruction,
Teacher Training and Research

RECIPES
for Instruction in
DOMESTIC SCIENCE



Elementary and Intermediate
Grades

Published by the Authority of the
BOARD OF EDUCATION
City of Detroit
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G. R. Sept. 26, 1921

Preface

This book is intended for use in the elementary and intermediate grades in the teaching of foods and cookery. It is primarily a recipe book but includes some facts about food as well as the principle and method of preparing the food.

The recipes have been gathered from various sources and adapted to the work in school with the thought of economy through the use of least expensive materials. They are reliable, the portions given in each recipe are sufficient for the average family of six, and may be used satisfactorily in the home kitchen.

To the Student

"The Three R's" have given you a range of "food for thought"—but in your everyday living you will always have with you the need of "The Fourth R" (Right Living) which means control of all the conditons that go to make for healthy, happy living—sleep, exercise, fresh air, food; the most important of these is food, the good, wholesome everyday "food for the hungry."

Preparation of food will be a pleasure if it is done well. "The best things are nearest . . . then do not grasp at the stars, but do life's plain, common work as it comes, certain that daily duties and daily bread are the sweetest things of life."

This little book is intended to assist you in "the Fourth R" (Right Living) by giving you some important and useful facts about food—as well as about how to prepare food for meals in school and in your own home.

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Chapter I.

Introduction—Preliminary Lessons

The best type of housekeeper feels that every part of her work is worth doing well. The kitchen is her workshop for the care and preparation of food for the family's use. It should be the cleanest room in the house.

When learning to cook it is very necessary to measure all ingredients with exactness if the best results are to be obtained.

The following directions will assist you in the proper care of the kitchen and in obtaining good results in cooking.

Personal Cleanliness—

1. A wash dress is to be preferred, or the dress well covered with an apron.
2. The hair should be tied or pinned back and covered so that no hairs may fall into the cooking.
3. The hands should be thoroughly washed with soap and water before you begin any cooking.
4. When cooking, wash your hands whenever they become sticky or soiled, or after touching your hair or pocket handkerchief. Never wipe them on your handkerchief or a dish towel.
5. The best way to taste what you are cooking is to take a little of the food you are cooking up in a measuring spoon, put it in a teaspoon and taste from the teaspoon.

Dishwashing—

Preparation:

1. Collect all dishes, scraping and rinsing them as well, and pile together dishes that are alike.
2. Soak dishes which have contained starch, milk, or eggs in cold water. Soak dishes which have contained fat or sugar in hot water.
3. Wipe out all greasy pans with paper and put paper in the garbage can.
4. Fill two dishpans about two-thirds full with hot water, make one soapy but do not leave soap in the water; use the other for rinsing.

Directions for Washing:

1. Wash the cleanest dishes first, usually in the following order—glass, cups, saucers, silverware, plates, remaining china, cooking utensils. Rinse all dishes in clear hot water, changing the water as often as necessary.
2. Scour kitchen knives, forks and pans with Sapolio or cleaning powder.
3. Wooden handles should not be soaked. Do not put the cogs of the Dover-beater in water.

4. Table should be scrubbed with clean hot water and soap or powder, rinsed and dried thoroughly.
5. Towels should be washed in clean hot soapy water and rinsed in clear water.
6. Wash and dry dishpans inside and out.

Care of the Sink—

Wash enameled sinks with soap and water, using Sapolio, or Cleanser, to remove stains. Rinse the sink by letting a generous supply of hot water run down the drain pipe. Kerosene cuts any grease readily. Rinse well after using. Special cleaning of the drain pipe is made by pouring a solution of washing soda down the pipe, ($\frac{1}{2}$ c. soda to two quarts water) and then using much hot water to rinse the pipe.

Care of the Floor—

Remove or cover all food before sweeping. Sweep with short firm strokes, keeping the broom close to the floor, raising as little dust as possible. Gather the dust into a small spot and take up with a brush and dustpan.

Care of the Stove—

If anything is spilled on the stove, wipe off immediately with a cloth or paper. Clean stove with a little kerosene on a cloth. Wash zinc under burners with soap and water and wipe dry.

Care of Garbage Can—

Place a clean newspaper in the can. Put only solid material in the can; drain off all liquid. Keep can covered. Scald and scrub out the can thoroughly each week.

Measurements—

Accurate measurements are necessary to success in cooking. All measurements are level.

1. In measuring dry material, fill the measure and level off with a knife.
2. When one-half a spoonful is desired, divide the material lengthwise of the spoon and scrape out one-half; for one-fourth of a spoonful, divide crosswise the remaining half.
3. A cupful or spoonful is all the cup or spoon will hold.
4. To measure any solid fat, pack firmly in the measure and level off with a knife.

Table of Abbreviations—

c.—cup
 tb.—tablespoon
 t.—teaspoon
 pt.—pint

qt.—quart
 oz.—ounce
 lb.—pound

Table of Measurements—

3	teaspoons	equal 1	tablespoon
16	tablespoons	equal 1	cup
2	cups	equal 1	pint
2	tablespoons butter	equal 1	ounce
4	tablespoons flour	equal 1	ounce
2	cups butter	equal 1	pound
4	cups pastry flour	equal 1	pound
2	cups granulated sugar	equal 1	pound
2 $\frac{3}{4}$	cups powdered sugar	equal 1	pound
4 $\frac{3}{4}$	cups rolled oats	equal 1	pound
2 $\frac{3}{4}$	cups rice	equal 1	pound
4 $\frac{1}{2}$	cups graham flour	equal 1	pound
3 $\frac{7}{8}$	cups entire wheat flour	equal 1	pound
4 $\frac{1}{3}$	cups coffee	equal 1	pound
2	cups chopped meat	equal 1	pound
9	large eggs	equal 1	pound
1	well beaten egg	equal 4	tablespoons

Chapter II.**Meals****Planning the Day's Meals:**

(1) The meals of the day should be planned to meet the needs of all members of the family. "Little children should not eat all foods that are allowable to adults, nor should the grown members of the family be limited to the same simplicity of diet as the children, for children have undeveloped digestive organs that will be overtaxed by heavy foods."

The day's meals should supply all the substances needed to build the muscle, bone, nerve, blood; to provide energy for the day's activities and keep the body in good working order.

The Meals Should Contain:

Foods rich in Carbohydrates (energy-giving or fuel foods.)

Sugar—As found in sugar cane, honey and dried fruits.

Starch—As found in cereals and vegetables and tapioca, sago, arrowroot.

Foods rich in Fats and Oils (energy giving or fuel foods.)

Animal—Butter, cream, fat of meat.

Vegetable—Olive oil, mazola, crisco, etc.

Foods rich in Protein (body-builders.)

Milk, eggs, cheese, meat, fish, peas, beans, nuts.

Foods rich in Mineral Matter (body-builder and regulator.)

Iron, lime, phosphorus, etc. Found in fruits, vegetables, milk, eggs, whole grains, lean meat.

Foods containing Vitamines (growth promoters.)

Found in milk, butter, yolk of egg, meat, green leaf vegetables, cereals, oranges and lemons.

A generous quantity of water should be used as a beverage.

Water—body regulator.

(2) Some important things to consider in planning meals.

The main part of the meals of each day should consist of simply prepared, mild-flavored, non-stimulating, and easily digested foods.

Milk should be used liberally in order to replace a part of the meat in the average dietary, because, of all foods, it is richest in lime and because it is rich in those dietary factors which are necessary for growth and for life itself. No food in the dietary has greater importance than milk. One quart a day for growing boys and girls.

Those cereals and cereal foods that contain the larger part of the grain should be given preference in the dietary as they contain more mineral matter than more highly milled grains.

Eggs should be used as long as they can be afforded. One egg a day for each child in the family; and one or two for each adult, are sufficient.

Sweets in the dietary are unquestionably desirable, but they should be served in such a manner as not to reduce the appetite for other foods and not to satisfy the appetite with sweet foods only.

Fruits and vegetables should be used liberally in the dietary, for they are among nature's best body-cleansing and regulating agents. They furnish substances which stimulate the activity of the intestine, neutralize the harmful acids produced by the tissues, keep both intestine and blood in good condition and provide the growth-promoting dietary factors.

Enough water should be consumed to maintain the body in clean, wholesome condition.

(3) Some typical meal plans.**BREAKFAST PLANS**

I	II	III	IV	V
Fruit	Fruit	Fruit	Fruit	Fruit
Bread	Cereal	Meat	Cereal	Cereal
Beverage	Bread	Bread	Meat	Meat
	Beverage	Beverage	Bread	Other hot dish
			Beverage	Bread
				Beverage

Bread may mean toast or hot bread.

LUNCHEON PLANS

I	II	III	IV
Hot dish	Hot dish	Soup	Soup
Bread and butter	Bread and butter	Another hot dish	2 other hot dishes
Beverage	Simple dessert	Bread and butter	Salad
	Beverage	Dessert	Dessert
		Beverage	Beverage

DINNER PLANS

I	II	III
2 hot dishes (meat and vegetable)	Soup	Soup
Bread and butter	2 or 3 other hot dishes (as meat and 2 vogs.)	2 or 3 hot dishes a relish (pickles, jelly)
Dessert	Bread and butter	Bread and butter
	Dessert	Salad
	Beverage	Dessert
		Beverage

Fish or fowl may be substituted for meat.

(4) Suggested menus:

No. I	No. II
Breakfast	Breakfast
Oranges	Prunes
Rolled oats with cream	Breakfast Cereal
Toast	Bacon—graham muffins
Coffee—milk or cocoa for children	Coffee—milk for children
Luncheon	Luncheon
Macaroni and cheese	Cream of pea soup
Biscuits—baked apples	Whole wheat bread
Tea for adults. Milk for children	Gingerbread—apple sauce or other stewed fruit
	Tea. Milk for children
Dinner	Dinner
Meat loaf—brown gravy	Pot roast—brown gravy
Baked potatoes—spinach	Boiled potatoes
Graham bread	Vegetable Salad—bread
Cream Tapioca	Baked custard
Milk for children	Milk for children
Tea or coffee for adults	Tea or coffee for adults

(5) Dining room service:**Table Service**

On the proper table service much of the comfort, cheerfulness and refinement of the family depend. No amount of lavishness and perfection in the preparation of the food will compensate for poor arrangement and service in the dining room. The most perfect order, and yet the greatest freedom, should exist.

No matter what the style of living may be—and this applies to the simplest as well as the most elaborate households—there should always be a care to make the table and food pleasing to the eye. Well-laundered table linen, table ware that has been properly washed and wiped and that is arranged in an orderly manner, are the strongest factors in making a table elegant and attractive. A few flowers loosely arranged, a bunch of ferns, or a small plant or fern will adorn and brighten a table more than any other one thing that can be used. Such decorations are in place on the humblest or the most sumptuous tables.

Directions for Laying the Table

1. See that the dining room is in perfect order, that the air is fresh and sweet, warm in winter and cool as possible in summer.
2. Cover the table with a silence cloth of felt or Canton flannel. Over this spread a spotless tablecloth evenly, the middle fold upward, dividing the table exactly in half.
3. Place silver one inch in from edge of table, allowing width of largest plate between knife and fork.
4. Place knife at right of the plate with sharp edge of blade turned towards plate.
5. Place fork at left, with tines turned up.
6. Place spoons at right.
7. Place silver in order in which it is to be used, the article used first being farthest from the plate.
8. Place tumbler at tip of knife and bread and butter plate at tip of fork.
9. Place napkin, straight and square, at left of fork.

10. Place pepper and salt near corners or one of each between the places for two people.

11. Place carving knife at right and fork at left of host and the table-spoons beside the dishes to be served.

12. Place the coffee pot, sugar basin, cream pitcher, cups and saucers in front of hostess.

13. Arrange the chairs so far away that they need be pulled out only a little while the family are being seated.

General Directions for Serving

1. Everything should be ready before the meal is announced.

2. Fill water glasses and cut the bread the last thing.

3. Dishes for hot food should be warm. Dishes for cold foods should be cold.

4. Food is served from the table by host and hostess or from side table by waitress.

5. The host serves meat, fish and game.

6. The hostess serves tea, coffee, chocolate, salad, dessert.

7. Dishes are held in the palm of the left hand on folded napkin or placed on a tray covered with a doily.

8. Pass everything to the left if the guest is to take a portion, holding the dish firmly and low, and near enough that it may be within easy reach.

9. Things that do not admit of choice place from the right.

10. Remove all dishes from the right, with the exception of bread and butter plates, taking serving dishes first and then the individual dishes.

11. Before serving dessert remove all dishes not necessary for next course, and brush crumbs from cloth.

12. Serve hostess first and host last, serving those at right of hostess, then those at left.

13. Keep glasses filled. To fill glasses do not remove from table. Never fill glasses more than three-fourths full. Handle the glass at the base.

14. Remove everything relating to one course before serving another.

15. In removing a course take large dishes or platters first, then the plates and knives and forks.

16. If there is no waitress, one of the family quietly removes the plates and prepares the table for the next course.

Graceful and easy table manners and a knowledge of how to serve and how to be served add to the comfort and pleasure of one's family and friends in the dining room.

Common Rules of Table Manners

1. Personal neatness and cleanliness.

2. Sit erect, with feet on the floor and elbows away from the table.

3. Eat slowly and quietly.

4. Do not play with the utensils on the table.

5. Talk only about cheerful and pleasant things.

6. Do not criticize the food.

7. Wipe lips frequently during the meal.

8. Spoons should be used only for liquid or semi-liquid foods. Use a fork for salads, vegetables and dessert when possible.

9. Drink quietly from the side of the spoon, never from the tip. In filling the spoon, move it away from you.

10. Do not tip soup plate for the last drop.

11. Spoons should not be left in cups when not being used.

12. Handle a drinking glass near the base.

13. Toothpicks, like all other toilet articles, should be used in private.

Chapter III.

Beverages

A beverage is any drink. Water is the beverage provided by Nature for man. Water is an essential to life. All beverages contain a large percentage of water, and their uses to the body are:

1. To quench thirst.
2. To introduce water into the circulation.
3. To assist in carrying off waste.
4. To aid in the processes of digestion.
5. To regulate temperature by evaporation of perspiration.

General Rules for Making Tea and Coffee

1. Keep the tea and coffee in closely covered jars. It is better to buy coffee unground.
2. Do not use tin tea or coffee pots.
3. Scald tea and coffee pots before using.
4. Use freshly boiled water in making tea and coffee.

Boiling tea or letting tea or coffee stand longer than five minutes on the leaves or grounds will extract the tannin.

Boiled Coffee (proportion for 1 cupful)

- | | |
|---|---|
| 1 heaping tb. coarsely ground coffee | 1 tb. cold water |
| 1 tb. cold water | (1 egg shell or $\frac{1}{2}$ egg white is sufficient for 8 heaping tb. of ground coffee) |
| 1 c. boiling water | |
| Bit of crushed egg shell or little egg white. | |

Wash egg. Put coffee, egg shell or white of egg and first quantity of cold water into coffee pot. Mix; then add boiling water and boil for 3 minutes. Remove from fire, pour out a little of the coffee, in order to clear spout; return to coffee pot; add the second quantity of cold water. Allow to stand for about 5 minutes in a warm place before serving. If the spout is not covered, insert a piece of paper so the aroma will be retained.

Tea

- | | |
|----------|--------------------|
| 2 t. tea | 2 c. boiling water |
|----------|--------------------|
- Scald a granite or earthenware tea pot. Put in tea, and add boiling water. Let stand 3 to 5 minutes. Serve at once.

Russian Tea

Follow recipe for making tea. Serve hot with a thin slice of lemon, from which seeds have been removed, and sugar in each cup. Milk or cream should never be served with Russian tea.

Iced Tea

- | | |
|----------|--------------------|
| 4 t. tea | 2 c. boiling water |
|----------|--------------------|
- Follow recipe for making tea. Strain into glasses one-third filled with finely cracked ice. Sweeten to taste. Serve with lemon.

Cocoa

- | | |
|-------------|---------------------|
| 3 tb. cocoa | 2 c. boiling water |
| 3 tb. sugar | 2 c. milk (scalded) |

Few grains salt

Mix dry ingredients together in a saucepan. Add boiling water slowly, mixing thoroughly. Boil five minutes. While cocoa is boiling, scald the milk in a double boiler. Then stir boiling cocoa into the scalded milk and beat with a Dover beater before serving.

FRUIT BEVERAGES

Lemonade (One Glass)

Mix the juice of half a lemon and two or three teaspoonfuls of sugar (sugar-syrup is better if at hand); mix until the sugar is dissolved, then fill with cold water and shaved ice.

Lemonade

1 c. sugar

$\frac{1}{2}$ c. lemon juice

1 pt. water

Make syrup by boiling sugar and water 10 minutes; cool, add fruit juice and dilute with ice water to suit individual tastes. Lemon syrup may be bottled and kept on hand to use as needed. Serves 6.

Pineapple Lemonade

1 pt. water

1 pt. ice water

1 c. sugar

1 can grated pineapple

Juice 3 lemons

Make syrup by boiling water and sugar ten minutes; cool, add pineapple and lemon juice, strain, and add ice water. Serves six.

Chapter IV.

Energy-Giving or Fuel Foods: Carbohydrates—Sugar and Starch

SUGAR

Sugar is sweet crystalline substance and like starch, is a carbohydrate. It differs from starch in being soluble in cold water and in its sweet taste.

Sugar is obtained from sugar cane, sugar beets, sorghum, and sugar maple.

Sugar ranks high as an energy-giving food. It passes quickly into the circulation, so it produces energy in a very short time. It forms part of the rations of the soldiers of this and other countries.

Sugar is a great preservative, hence its use in preserving fruits and milk.

Fruits

The chief foodstuffs in fruits are carbohydrates and mineral matter.

Fresh fruits contain from 75% to 95% water, and are especially valuable for mineral matter.

Dried fruits as figs, dates, prunes and raisins contain a large quantity of sugar.

Stewed Prunes

Wash the prunes through several cold waters, cover them with fresh cold water, and soak over night. Next day, turn them with the water into a porcelain-lined kettle; and let them simmer very gently until tender. When nearly done add sugar to taste and finish cooking. $\frac{1}{4}$ c. sugar to 1 lb. prunes. A slice of lemon may be added to the syrup while simmering, if liked.

Dried peaches may be stewed in the same way.

Baked Bananas

6 bananas

$\frac{1}{3}$ c. sugar

2 tb. melted butter

2 tb. lemon juice

Remove the skins from bananas and cut in halves lengthwise. Place in a shallow granite pan and baste with the butter, sugar and lemon juice mixed together, using half the mixture. Bake twenty minutes in a slow oven, basting during baking with remaining mixture.

Candy

Sugar exists in candy in concentrated form, and is an energy or fuel giving food, but it should not be eaten to excess nor before meals. If too much is eaten at a time it is likely to ferment in the stomach.

In cooking sugar for candy use an agate or an iron pan, as it is less liable to burn than in tin.

Butter pans for candy before it is cooked.

Have ready some cold water in which to test the candy. Water should be changed for each test.

When the candy is poured into the pan, do not scrape the saucepan over it, nor allow any of the scrapings to fall into it.

Scraping or stirring the candy while cooling, after it has been poured into the pan will cause it to become sugary.

Acid substances, like vinegar or cream of tartar, added to the candy while cooking will prevent it graining.

Butter Taffy

2 c. brown sugar

$\frac{3}{4}$ c. butter

1 c. water

Melt butter in saucepan and add sugar and water. Bring to boiling point and let boil, without stirring, until mixture becomes brittle when tried in cold water. Pour into a buttered pan, cool slightly, and mark into squares.

Peanut Candy

2 c. sugar

1 cup chopped peanuts

$\frac{1}{4}$ t. salt

Put sugar into a perfectly smooth pan, place on the stove and stir until sugar is melted, taking care to keep the sugar from the sides. Add the nut meats and pour at once into a buttered pan.

Ice Cream Candy

2 c. sugar

1 tb. vinegar

$\frac{1}{2}$ c. water

$\frac{1}{2}$ t. cream of tartar

Boil all together without stirring, until it will harden in cold water. Pour on a well greased plate to cool. As edges cool, fold towards center. When nearly cold pour $\frac{1}{4}$ t. vanilla over the top. Pull until white and glossy. Cut in pieces with scissors for serving.

Chocolate Fudge

2 c. sugar

1 scant c. milk

2 sq. of Baker's chocolate

$\frac{1}{2}$ t. vanilla

2 tb. Karo

2 tb. butter

Cook all ingredients together until it will form a soft ball when dropped into cold water. Stir occasionally while cooking but do not scrape sides of pan with spoon as the sugar granules which form on sides of pan must not be allowed to fall into the candy, as these make the candy granulate. When done remove pan from fire and quickly place it in another pan of cold water to instantly stop cooking. When candy is cold, beat it until it begins to thicken. Pour into a buttered pan, cut in squares.

Pinoche

2 c. light brown sugar
 $\frac{1}{2}$ c. milk

4 tb. butter
 1 c. nut meats

$\frac{1}{2}$ t. vanilla

Boil the first three ingredients until a soft ball can be formed in cold water. Remove from fire, cool, add nut meats and vanilla and beat until creamy. Pour into buttered pans. When cool cut into squares.

Cocoanut Cream Candy

$1\frac{1}{2}$ c. sugar
 $\frac{1}{2}$ c. milk

2 t. butter
 $\frac{1}{3}$ c. shredded cocoanut

$\frac{1}{2}$ t. vanilla

Put butter into saucepan, when melted add sugar and milk and stir until sugar is dissolved. Heat to boiling point and boil 12 minutes. Remove from fire, add cocoanut and vanilla and beat until creamy and mixture begins to sugar slightly around edge of saucepan. Pour at once into a buttered pan, cool and cut into squares. $\frac{1}{2}$ c. nut meats, broken in pieces, may be used in place of cocoanut.

Sea Foam

2 c. granulated sugar
 $\frac{1}{2}$ c. water

$\frac{1}{2}$ c. corn syrup
 1 c. nut meats

2 egg whites

Cook sugar, water and syrup together until it will harden in cold water. Take from the fire, stir in the nut meats which have been broken in small pieces and add gradually, stirring constantly, to the beaten whites. Beat until creamy consistency and turn into a buttered mould; cool and cut into squares.

Cereals

Cereals are grains or grasses, the seeds of which are used for food.

Kinds of cereals—Wheat, oats, Indian corn or maize, rye, buckwheat, barley, rice; from these are prepared the various breakfast foods.

Composition—Starch, cellulose, protein, mineral salts, fat and water.

Starch—Starch is a fine, white, glistening powder, insoluble in cold water, but partly soluble in hot water, with which it forms a jelly-like paste.

Principle of Cooking Cereals

1. Complete opening of starch granules by the boiling temperature of water.
2. Softening of the fibre by long continued low temperature, with a supply of water present.

Rules for Cooking Cereals

Put water and salt in top of double boiler, and place over fire. When water boils, add the cereal gradually, stirring constantly, cook for five minutes; then place in lower part of boiler which should contain boiling water, and cook for thirty minutes.

Rolled Oats

1 c. Quaker Oats

3 c. water

$\frac{1}{2}$ t. salt

Cream of Wheat

1 c. Cream of Wheat

6 c. water

$1\frac{1}{2}$ t. salt

Corn Meal Mush

1 c. corn meal

4 c. water

1 t. salt

Cook corn meal for three hours for fried mush. Pour into greased baking powder cans. Cover. When cool remove from can, cut in thin slices, roll in flour. Brown in a little hot fat. Serve with syrup.

Macaroni and Cheese

Break macaroni in one-inch pieces. Put 2 c. macaroni in 2 qts. boiling salted water and boil until soft. Drain and rinse in cold water to harden outside. Make 2 c. thin white sauce and add $\frac{3}{4}$ c. grated cheese. Stir until cheese is melted. Put macaroni into a buttered baking-dish and pour the sauce over it. Sprinkle with buttered crumbs and put into oven to reheat and brown crumbs.

Spaghetti and Tomato Sauce

Boil spaghetti in salted water forty-five minutes or till very tender. Drain and reheat in tomato sauce.

If liked, sprinkle with grated cheese.

Or, cover spaghetti with tomato sauce, sprinkle with buttered crumbs and bake till brown.

Boiled Rice

1 c. rice

2 t. salt

3 qts. boiling water

Put water and salt in saucepan to boil. Pick over rice, put in a strainer; place in bowl of cold water. Rub between the hands to remove dust, emptying water in bowl until it becomes clear, when rice is clean. Cook rapidly thirty minutes, or until a kernel may be easily crushed between thumb and finger, adding water as it boils away. Drain in a strainer, return to saucepan and shake on stove. Stir with a fork to prevent kernels from getting crushed.

Steamed Rice

1 c. rice

 $2\frac{3}{4}$ c. to $3\frac{1}{4}$ c. water

1 t. salt

(according to age of rice)

Put water and salt in top of double boiler, place directly over fire and when water boils add gradually the well-washed rice, stirring with a fork to prevent the kernels from adhering to the boiler. Boil five minutes, cover, place over under part of double boiler, and steam about forty-five minutes, or until the kernels are soft; uncover, that steam may escape. When rice is steamed for a simple dessert, use one-half quantity of water given in recipe, and steam until rice has absorbed water; then add scalded milk for the remaining liquid.

Rice and Cheese

2 c. boiled rice

 $\frac{1}{2}$ c. chopped cheese

1 c. buttered crumbs

1 tb. butter

Few grains cayenne

Milk

Cover bottom of a buttered baking dish with rice. Sprinkle with a few grains cayenne and cheese; and dot with butter. Repeat and add milk to half the depth of dish. Cover with crumbs and bake to heat mixture and brown crumbs.

Rice and Tomatoes

½ c. rice
1 tb. butter
1 t. salt

2 c. hot stewed tomatoes
⅓ t. pepper
1 c. boiling water

Pick over rice, place in a strainer in a bowl of cold water and wash well, rubbing between the hands. Use several waters for washing rice. Melt butter in a frying pan, add rice, drained from water, and cook until it becomes a light brown, stirring constantly. Put the boiling water in top of double boiler, add rice and steam until rice has absorbed water. Add tomatoes and seasoning and cook until rice is soft. Serve as a vegetable.

Vegetables

We eat as vegetables the fruits or seed vessels of some plants; of others the root, the leaves or some other part. Vegetables, like fruits, contain salt important to health. There are two classes of vegetables—those growing under ground, such as potatoes, carrots and parsnips, valuable for starch and sugar and mineral matter, and those growing above ground, or green vegetables, such as lettuce and spinach, mostly valuable for mineral matter.

Vegetables are economical food when used in season, and are a very necessary part of the diet. In cooking those rich in mineral, such as spinach, peas, oyster plant, a small amount of water should be used, so that the minerals may not be lost by dissolving in the water.

The woody part of vegetables is called cellulose. This is not digestible but is important and is suitable to combine with such concentrated foods as eggs and milk. If possible, at least two vegetables should be found in every dinner, and vegetables should form a large part of our diet in spring and summer.

How to Buy

1. Root vegetables should be uniform in size, sound, the skins firm.
2. Head vegetables should be solid with but few waste leaves on the outside.
3. Vegetables with hard rinds should be sound and firm.
4. Asparagus should be even in size, the stalks not bitten by insects.
5. Cauliflower should be firm and white, free from blemishes, fine in texture.
6. Peas should have crisp pods well filled but not too full.
7. String beans should be crisp and snap easily.

All leaf vegetables should be crisp, not wilted.

Summer vegetables should be cooked as soon after gathering as possible. Wilted vegetables may be freshened by allowing to stand in cold water.

In using canned goods, empty the contents of the can as soon as opened, otherwise the acid in the vegetables may act upon the tin and form poisonous compounds.

Vegetables should be washed in cold water and the larger varieties scrubbed with a small brush kept for this purpose.

Classification of Vegetables

The parts of vegetables used for foods are seeds, roots, leaves, stalks, fruits, shoots, tubers, bulbs, flowers.

Seeds: Peas, beans, corn.

Roots: Carrots, parsnips, beets, turnips.

Leaves: Spinach, lettuce, cabbage.

Stalks: Celery, rhubarb.

Fruits: Tomatoes, eggplant, pumpkin, cucumber.

Shoots: Asparagus.

Tubers: Potatoes.

Bulbs: Onions.

Flowers: Cauliflowers.

Rules for Cooking Vegetables

1. Use vegetables which are in season, and select medium sized or rather small vegetables.
2. Wash thoroughly in cold water, and if wilted allow to soak until freshened.
3. Green, above ground, vegetables should be cooked in boiling salted water uncovered.
4. Underground vegetables, cook in boiling salted water, covered.
5. Strongly flavored vegetables such as cabbages and onions, should be cooked uncovered. Change the water over onions once while cooking.
6. Vegetables should be cooked only until tender and served plain, with salt, pepper, butter or milk, or creamed with a white sauce.
7. Use the cooking water, if palatable, in sauce, soup-stock, cream of vegetable soup, etc.
8. The time required to cook any given vegetable depends upon its size, age, and freshness. Dried or wilted vegetables cook more quickly if first soaked in cold water.

Baked Potatoes

Select medium-sized potatoes. Wash them, lay them in a shallow pan. Bake forty-five minutes in a hot oven, turning them occasionally in order that they may cook evenly. Before serving, break skins slightly in order that the steam may escape. (To make skins tender grease before baking).

Boiled Potatoes

Put water to boil. Wash, pare medium-sized potatoes. Cook in salted boiling water twenty-five minutes or until tender. Do not let water boil rapidly, as the outside of potato will break before the center is cooked. Drain quickly. Shake over stove to let steam escape. Serve in an uncovered vegetable dish.

Mashed Potatoes

6 boiled potatoes	2 tb. butter
$\frac{1}{2}$ c. hot milk	$\frac{1}{2}$ t. salt
	$\frac{1}{4}$ t. pepper

Mash potatoes in kettle in which they are cooked. Add seasoning and hot milk. Beat with a fork quickly until light and creamy. Turn into a dish. Do not press down or smooth them over.

Potatoes on the Half Shell

Cut baked potatoes in halves lengthwise. Remove centers carefully. Mash, season to taste with salt, pepper and butter. Moisten with hot milk. Pile potatoes back lightly in the shell. Put in oven to reheat, and brown slightly.

Mashed Potato Cake

Shape cold mashed potatoes into small, round cake. Put in a pan, brush with milk and bake until a golden brown, or roll in flour and saute in hot fat.

Creamed Potatoes

Reheat two cups cold boiled potatoes, cut in neat pieces, with $1\frac{1}{4}$ c. white sauce, or cut raw potatoes into cubes, boil until tender, add to white sauce.

Potatoes Au Gratin

Put creamed potatoes in a buttered baking dish, cover with buttered crumbs, and bake on top grate of oven until crumbs are browned. If desired, add $\frac{3}{4}$ c. grated cheese to white sauce in which potatoes are creamed.

To Butter Crumbs

Allow 1 tb. of butter for each cup of crumbs. Melt butter and stir crumbs into it lightly with a fork.

Browned Potatoes

Pare the potatoes and parboil ten minutes; drain and put on the rack in a pan in which meat is roasting. Baste when the meat is basted.

Raw Scalloped Potatoes

Butter a baking dish. Slice raw potatoes into cold water, drain and put in the baking dish, dotting between the layers with butter and sprinkling with salt, pepper, and flour. A few drops of onion juice may be added. Add milk to level of potatoes and bake in a moderate oven until tender, about $1\frac{1}{4}$ hours.

Lyonnaise Potatoes

Two tb. butter or drippings melted in pan; 1 small onion sliced thin, browned in butter; four cold boiled potatoes cut in one-fourth inch slices sprinkled with salt and pepper. Stir until heated. Let stand until potatoes are browned underneath, turn and brown on other side. Sprinkle with 1 t. finely chopped parsley.

To Chop Parsley

Remove leaves from stems of parsley. Dry on a towel. Gather closely between thumb and finger and cut through and through with a knife, holding point of knife on the board, and with a circular motion cut parsley fine.

Glazed Sweet Potatoes

6 med. sized sweet potatoes	4 tb. water
$\frac{1}{2}$ c. sugar	1 tb. butter

Wash and pare potatoes, and cook in boiling salted water for ten minutes. Drain, cut in halves lengthwise, and place in buttered pan. Make a syrup by boiling the sugar and water for ten minutes, then add butter. Brush potatoes with syrup and bake fifteen minutes, basting twice with the syrup.

Creamed Carrots

Wash and scrape six medium sized carrots. Cut in one-fourth inch cubes, one-fourth inch slices or fine strips. Cook in boiling salted water twenty-five minutes or until tender, drain. Mix with one cup white sauce. Vegetable oysters, turnips and parsnips may be used in the same way.

Mashed Turnips

Wash, remove thick paring from turnips. Cut in slices or quarters. Cook in boiling salted water until soft, drain, mash, season with salt, pepper and butter.

Creamed Peas

Drain, rinse 1 can of peas. Cook five minutes in boiling water or until soft. Drain. Mix carefully with 1 c. hot white sauce.

Succotash

1 pt. Lima or kidney beans	1 c. milk or cream
1 pt. corn cut from cob	2 tb. butter

Salt and pepper to taste

Cook beans in boiling water twenty-five minutes, add $\frac{1}{8}$ t. soda, boil one minute and drain. Add corn, milk, and cook five minutes, add salt and cook three minutes longer. This may also be made from canned corn and beans.

Green Corn Fritters

1 c. corn pulp	$\frac{3}{4}$ c. flour
1 egg	1 t. butter
$\frac{1}{2}$ t. salt	$\frac{1}{8}$ t. pepper

Remove husks and silky fibres from corn. Hold corncobs on a board ends downwards, and with sharp knife cut through kernels. Press out the pulp with the back of the knife, being careful not to work so closely as to remove hulls. Mix corn, well-beaten egg and dry ingredients together, and lastly add butter which has been melted and slightly cooled. Beat batter well, and drop by spoonfuls on a well-greased griddle. When air bubbles are seen and fritters have a dry appearance on surface, turn them and cook on the other side until brown.

Creamed Peas in Turnip Cups

Wash, pare six medium sized purple top turnips. Remove slice from both ends, scoop out center with teaspoon, forming a hollow cup. Cook twenty minutes in boiling salted water until tender. Drain. Fill with creamed peas. Serve hot.

Sauces**White Sauce, 1**

2 tb. butter	1 c. milk
2 tb. flour	$\frac{1}{4}$ t. salt

Few grains pepper

Melt butter, add flour and seasoning. Mix smoothly, add milk slowly, stirring until smooth and glossy.

White Sauce, 2

1 c. milk	1 tb. flour
$\frac{1}{4}$ t. salt	1 tb. butter

Rub butter and flour together in bowl until creamy. Scald milk in double boiler and add gradually to butter and flour. Return to double boiler, add seasoning and cook until thick.

Tomato Sauce

2 c. strained tomatoes	1 t. salt
4 tb. butter	$\frac{1}{8}$ t. pepper
4 tb. flour	1 t. onion juice

Prepare the same as white sauce.

Brown Gravy

Pour off all the fat from the dripping-pan in which beef has been roasted, with the exception of 3 tb. Add 3 tb. flour and stir till brown. Add gradually $1\frac{1}{2}$ c. hot water. Cook five minutes or till thick and smooth. Season with salt and pepper. Strain if necessary.

Drawn Butter Sauce

$1\frac{1}{2}$ c. hot water	$\frac{1}{8}$ t. pepper
$\frac{1}{2}$ t. salt	3 tb. flour
$\frac{1}{3}$ c. butter	

Melt one-half the butter. Mix flour and seasonings, add to butter, mix thoroughly, then add hot water gradually. Boil five minutes and add remaining butter cut in small pieces.

Egg Sauce

Add two hard-cooked eggs cut in one-fourth inch slices to drawn butter sauce.

Parsley Butter

2 tb. finely chopped parsley	$\frac{1}{2}$ t. salt
$\frac{1}{4}$ c. butter	$\frac{1}{8}$ t. pepper
2 tb. lemon juice	

Cream butter, add salt, pepper, parsley, and then lemon juice very slowly.

Chapter V.

Energy-Giving or Fuel Foods—Fats and Oils

Sources of Fats and Oils

I. Animal Kingdom.

From this source we obtain the hard, solid fats. They are found directly under the skin of animals and around the organs.

II. Vegetable Kingdom.

From this source come the liquid fats or oils. These are obtained from nuts, seeds, and some fruits.

Uses of Fats and Oils in the Household

- 1—Cooking agent.
 - a—Sautéing.
 - b—Frying.
- 2—Shortening.
- 3—Flavoring.
- 4—Greasing tins.
- 5—Soapmaking.

Frying

General Rules

Frying is cooking by means of immersion in deep fat raised to the temperature of 350 to 450 degrees, or temperature reached when fat is quiet and there is a faint blue smoke.

Fats used for frying are olive oil, cottonseed oil, cottolene, mazola, crisco, beef drippings, lard, or a mixture of several fats.

Place the articles to be cooked in a bath of fat deep enough to float them.
Test for fat when frying:

Drop in an inch cube of bread, if it browns in 40 seconds the fat is ready for cooked articles. If the bread browns in 60 seconds the fat is ready for uncooked articles.

All articles fried must be drained on brown paper. When one set is taken from the fat it must be reheated and tested before adding a second set.

After using the fat strain through cheese cloth and set aside for future use.

Precautions

1. Kettle should not be more than two-thirds full as there is danger of fat cooking over when the food is added.
2. Do not put too much into fat at one time as the temperature will be lowered.
3. Do not move the kettle while the fire is under it.
4. Lower food carefully into fat to prevent spattering.

To Try Out Fat

Take beef fat, beef suet, or pork fat. Remove the tough outside skin and all the lean parts; cut it into small pieces, put into a sauce pan and cover with cold water. Set it on the stove uncovered so that the steam may carry away any impurities. When the water has nearly all evaporated set the kettle back to keep the mixture from burning, and let the fat slowly fry out. When the melted fat is still and the scraps of skin are shriveled at the bottom of the kettle, strain the fat through a cloth and set it away to cool. When it is white and hard it can be used to grease baking tins, to make pastry and to fry different foods, such as doughnuts and fish balls. The clarified beef fat is called drippings, and the clarified pork fat, lard.

To Clarify Fat

Melt fat, add raw potato cut in quarter-inch pieces, and allow fat to heat gradually; when fat ceases to bubble, and potatoes are well browned, strain through double cheesecloth, placed over wire strainer, into a pan. The potato absorbs any odors or gases, and collects to itself some of the sediment, the remainder settling to bottom of kettle.

When small amount of fat is to be clarified, add boiling water to the cold fat, stir vigorously, and set aside to cool. The fat will form a cake on top, which may be easily removed. A sediment will be found on the bottom of the cake, which may be scraped off with a knife.

Fried Potatoes

Cut potatoes into the desired shape. For Saratoga Chips cut them into thin slices; for French Fried cut them into sections lengthwise. Soak them in salted icewater one-half to three-quarters of an hour. Dry thoroughly on a towel and drop into hot fat. When brown remove from the fat with a skimmer and drain on soft paper. Sprinkle with salt.

Potato Croquettes

2 c. hot riced potatoes
2 tb. butter
 $\frac{1}{2}$ t. salt
 $\frac{1}{8}$ t. pepper

$\frac{1}{4}$ t. celery salt
Yolk 1 egg
1 t. finely chopped parsley
Few drops onion juice

Mix ingredients in order given, and beat thoroughly. Shape, roll in fine bread or cracker crumbs, in beaten egg, then in crumbs. Fry in smoking hot deep fat until golden brown. Drain on paper. The most common way

to shape croquettes; roll one rounding tb. of the mixture, lightly, in palms of hands to form a smooth ball. Then roll on a board, still using palm of hand, flatten at ends, thus giving a cylindrical shape. If mixture is rolled out very long croquettes are liable to break during frying.

Doughnuts

1 c. sugar	1 t. baking powder
2½ tb. shortening	1 t. baking soda
1 egg	¼ t. cinnamon and nutmeg
1 c. sour milk	1½ t. salt

Flour to roll

Cream the butter and add one-half the sugar gradually and cream again. Beat egg until light and add remaining sugar. Combine the two mixtures. Sift three and one-half cups of flour with baking powder, soda and spices and add gradually to the creamed mixture, adding more flour if necessary to form a stiff dough. Toss on a floured board and knead slightly. Roll out to one-fourth inch thickness and shape with a doughnut cutter. Fry in deep fat and drain on brown paper. Doughnuts should come quickly to the top of fat, brown on one side, then be turned to brown on the other side. Avoid turning more than once.

Butter

Experiments to Illustrate Butter-Making

Put ½ pint of thick cream into a small bowl and beat it with a Dover egg beater until it separates into specks of butter and buttermilk. Gather the butter into a lump, and after pressing out as much of the buttermilk as you can, wash the butter under a stream of cold water. Work with a wooden spoon to remove the water, and add a little salt.

Butter

Good butter is firm, not crumbly, yields little water when pressed, and foams when heated.

Chapter VI.

Body-Building Foods—Protein

MILK

"Milk is the indispensable food for children and whole milk in some form must be furnished them if the nutrition of the average child is to be maintained and, if normal growth in height and weight is to be assured every child, it should have from 18 months to 12 years one and one-half pints of milk in its daily diet."

Composition of Milk

Water, mineral matter, fat, sugar, protein (albumen and casein).

How Milk Should Look

1. Milk should have a yellowish white color and a sweet, pure taste.
2. Milk should have no sediment.
3. Milk should not look blue around the edges.
4. When poured from a tumbler milk should cling to the glass a little.

Care of Milk

1. Milk should be kept in a cool place.
2. Milk should be kept covered to keep dust and germs from falling into it.
3. Milk should not be kept near foods that have a strong odor, as it will easily absorb.
4. Milk should always be heated over hot water so that it will not boil as boiled milk is indigestible.

Rennet Custard

1 qt. milk
 $\frac{1}{4}$ c. sugar

1 t. vanilla
 1 junket tablet

Heat the milk in a double boiler until it is lukewarm. Add sugar and stir until it is dissolved. Stir in the vanilla and rennet and pour into a glass dish. Let it stand in a warm room until it begins to thicken, then set in a cool place and leave it until it is firm. Sprinkle with $\frac{1}{8}$ t. cinnamon or nutmeg and serve with cream (or milk) and sugar.

Cream or Milk Toast

1 c. milk, scalded
 $\frac{1}{8}$ t. salt

1 tb. butter
 $\frac{3}{4}$ tb. flour

Rub butter and flour together, add hot milk and seasoning. Stir until smooth. Make toast in the oven, or broiler, or on toaster. Pour white sauce between slices and over all. Serve very hot.

Cream Soups

Cream Potato Soup

3 potatoes (small)
 1 pt. milk
 1 t. chopped onion
 $\frac{1}{2}$ t. salt
 $\frac{1}{8}$ t. pepper

$\frac{1}{4}$ t. celery salt
 1 stalk celery, chopped
 1 t. chopped parsley
 1 tb. flour
 2 tb. butter

Wash and pare potatoes, cut in small pieces, cook in boiling salted water until tender. Drain and mash. While potatoes are cooking scald milk with onion and celery in double boiler. Rub butter and flour together, add a small amount of hot milk to make a paste, add remaining milk and return to boiler to cook. Add hot mashed potatoes, stir until smooth and strain. Add parsley and serve. If too thick, add hot milk.

Cream Pea Soup

1 can peas
 2 t. sugar
 2 c. cold water
 2 c. milk

1 slice onion
 2 tb. butter
 2 tb. flour
 1 t. salt

$\frac{1}{8}$ t. pepper

Drain peas from liquor, add sugar and cold water, and simmer 20 minutes. Meanwhile scald milk with onion in double boiler; rub butter and flour together, remove onion from milk, and add a small amount of hot milk to butter and flour to make a paste. Add remaining milk, return to double boiler, and add strained peas to mixture. Reheat, add seasonings, and serve hot.

Mock Bisque or Cream Tomato Soup

1 can tomatoes	$\frac{1}{8}$ t. pepper
1 qt. milk	$\frac{1}{4}$ t. soda
1 t. salt	$2\frac{1}{2}$ tb. butter
4 tb. flour	

Stew the tomatoes till soft, strain and add soda. Heat the milk in a double boiler. Rub the butter and corn starch together, adding slowly enough hot milk to make it pour easily. Stir slowly into the scalding milk and cook fifteen minutes. Add seasoning and strained tomatoes. Serve at once. The soda prevents the acid in the tomatoes from curdling the milk.

Croutons

Cut stale, slightly buttered bread into one-half inch slices. Remove the crusts and cut the bread into half-inch cubes. Brown in a hot oven, or fry in deep fat. Serve with soup.

Legumes**Baked Bean Soup (Legumes)**

2 c. cold baked beans	2 tb. butter
3 pts. water	2 tb. flour
2 slices onion	1 tb. chili sauce
2 stalks celery	Salt
$1\frac{1}{2}$ c. stewed and strained tomatoes	Pepper

Place beans, water, onion and celery in a sauce pan and bring to boiling point. Simmer 30 minutes. Rub through a sieve, add tomatoes and chili sauce. Rub butter and flour together, add some of the hot liquid to make a paste and pour thickening into soup. Stir until smooth. Season and serve with very crisp crackers.

Split Pea Soup (Legumes)

1 c. dried split peas	3 tb. butter
$2\frac{1}{2}$ qts. cold water	2 tb. flour
1 pt. milk	$1\frac{1}{2}$ t. salt
$\frac{1}{2}$ onion	$\frac{1}{8}$ t. pepper
2 inch cube fat salt pork	

Pick over peas, soak over night. Drain, add cold water, onion and pork and simmer $\frac{3}{4}$ hr. Rub through a sieve. Rub butter and flour together, add a small amount of the hot liquid, to make a paste, pour into pea mixture. Season, add milk and cook until smooth. If water from boiled ham is used omit salt from recipe. Serve hot.

Baked Lima Beans

1 pt. lima beans	1 green pepper
$\frac{1}{4}$ lb. bacon	1 pimento
1 onion (small)	1 t. salt

Wash and soak beans over night. Drain, cover with fresh cold water, bring to a boil and let simmer for one-half hour. Cut the bacon in small pieces, try out in frying pan, remove bacon, add onions and peppers and cook until onion is yellow. Pour beans into baking dish, add bacon, onions and peppers, and salt. Bake two hours in moderate oven adding more water as necessary.

Cheese

Cheese, is made from the curd of milk obtained by heating milk and making it thick by the use of rennet or an acid. Cheese is made from skim milk, whole milk, or milk to which more cream has been added.

Cheese should be kept covered with cloth in a cold place.

To Grate Cheese

Cottage Cheese

Cream enough to make cheese as moist as desired.

Put in a bowl and with a spoon mix it to a smooth paste with the butter, salt and cream. Serve lightly heaped up. 1 qt. sour milk shrinks to $\frac{1}{2}$ c. cheese.

If the milk is heated too hot the curd becomes tough.

Sprinkle wafers with grated cheese mixed with a few grains of cayenne. Place in a shallow pan and bake in a moderate oven until the cheese melts.

1 tb. butter	$\frac{1}{4}$ t. salt
1 t. cornstarch	$\frac{1}{4}$ t. mustard
$\frac{1}{2}$ c. milk	Few grains cayenne
$\frac{1}{2}$ lb. mild, soft cheese, cut in small pieces	Toast or wafers

Melt butter in double boiler, add dry ingredients, stir until well mixed, then add milk slowly and cook ten minutes. Add cheese, and stir until cheese is melted. Serve on slices of toast or wafers.

1 c. scalded milk	½ t. salt
1 c. soft, stale bread crumbs	Dash of cayenne
1 lb. butter	1 c. grated cheese
Yolks 3 eggs, whites 3 eggs	

Mix milk, bread crumbs, butter, salt, cayenne and cheese together, then add yolks of egg beaten until lemon-colored. Cut and fold in the whites beaten until stiff. Pour into a buttered baking-dish and bake twenty minutes in a moderate oven. Serve at once.

1 c. cheese grated or cut into pieces	¼ c. dried bread crumbs
1 c. milk	1 egg
	½ t. salt
	Cayenne

Beat egg slightly, and add other ingredients. Turn into buttered baking dish or custard cups. Place in pan of hot water and bake in moderate oven until firm. Serve hot.

Eggs

Composition of Eggs

White	{	Albumen	Yolk	{	Protein	{	Sulphur		
		Water			Fat		Iron		
		Mineral matter			Mineral matter				
					Coloring				

Test for Freshness of Eggs

1. A fresh egg will sink to the bottom of a pan of water.
2. When held to the light the fresh egg will look clear.

How to Preserve Eggs

1. Eggs may be kept for a long time by packing them, small end down, in bran, salt, sawdust, etc. These substances will exclude the air.
2. Liquid-glass as a preservative.—Put eggs in crocks and cover with one part liquid glass to seven parts water. Cover and keep in a cool place.

How to Break an Egg

Hold egg in left hand and strike it sharply with a knife or strike the egg on the edge of a bowl. Put thumbs together at crack and gently pull shell apart.

How to Separate an Egg

Crack the egg, break the shell apart, and gently slip the yolk from one piece of shell to the other several times until the white has run over the edge of the shell into the dish.

If using several eggs, break each one separately into a cup or saucer.

Beating Eggs

1. Slightly beaten—When a full spoonful can be taken up.
2. Well-beaten yolks—Light, thick and lemon-colored.
3. White beaten dry—Mass does not slip from dish turned upside down.

Soft Cooked Eggs

Place eggs in a saucepan containing boiling water. Cover and let stand without boiling from six to eight minutes.

Scrambled Eggs

5 eggs ½ t. salt
 ½ c. milk ⅛ t. pepper
 2 tb. butter

Beat eggs slightly, and add salt, pepper and milk. Heat a frying pan, put in butter and when melted, pour in mixture. Stir and scrape continually from bottom of pan until of creamy consistency. Serve on toast or hot minced ham or veal. Garnish with parsley. Eggs may be scrambled in a double boiler.

Poached Eggs

Fill pan two-thirds full of salted water, allowing ½ tb. salt to ¼ qt. water. Break eggs carefully into a saucer, one at a time. When water boils, slip eggs in carefully. Turn down fire and allow eggs to remain in water without boiling until white is firm and a film has formed on yolk; remove with a skimmer and place on toast.

Hard Cooked Eggs

Eggs may be cooked hard in a double boiler in from fifteen to eighteen minutes.

Stuffed Eggs

Cut hard-boiled eggs into halves lengthwise. Remove yolks carefully and mash them, seasoning to taste with salt, pepper, onion juice, mustard and melted butter or vinegar to moisten. Place back in the whites.

Egg Vermicelli

3 hard cooked eggs	4 slices toast
1 c. white sauce	Parsley

Separate yolks and whites of eggs. Chop whites and stir into white sauce. Cut three slices of toast in halves crosswise and place on a platter. Pour over them the sauce. Rub yolks through a strainer over surface. Garnish with parsley and remaining slices of toast, cut into points.

Scalloped Eggs

6 hard cooked eggs.	2 c. medium white sauce
2 c. buttered crumbs	

Cut the eggs in slices. Place $\frac{1}{3}$ of the crumbs in a buttered baking dish, put in $\frac{1}{2}$ of the eggs, cover with $\frac{1}{3}$ of the crumbs, put in the other half of the eggs, then pour the white sauce over. Cover with the remaining crumbs.

Egg Toast

1 or 2 eggs	2 c. milk
$\frac{1}{4}$ t. salt	6 slices of stale bread

Beat the eggs slightly, add milk and salt. Dip the bread in the mixture, a slice at a time. Cook on a hot greased griddle, browning on both sides. Serve with butter or syrup, or with sauce for a dessert.

Plain Omelet

4 eggs	1 tb. butter
4 tb. milk	$\frac{1}{2}$ t. salt
	$\frac{1}{8}$ t. pepper

Beat eggs, add milk and seasonings. Place the butter in an omelet pan and when it melts, pour in the egg mixture. As it cooks lift it occasionally with a broad knife; set in the oven for two or three minutes that it may brown. Fold and turn on a hot platter.

Puffy Omelet

4 eggs	4 tb. milk or cold water
$\frac{1}{2}$ t. salt	1 tb. butter
Few grains pepper	

Separate yolks from whites of eggs, beat yolks until thick, add salt, pepper and liquid. Then beat whites until stiff and dry. Cut and fold them into first mixture; heat omelet pan, put in butter and tip pan until sides and surfaces are evenly greased. Pour in mixture, spread lightly, and cook over a low flame until mixture is slightly browned underneath. Place pan on top grate of oven to finish cooking. The omelet is cooked if it is firm to the touch when pressed by the finger. Make an incision at opposite sides and fold over like a half circle. Slip onto a hot platter and serve at once.

Body-Building Foods—Protein

Meat

Meat is the flesh of animals used as food.

Kinds of Meat

Beef is the meat of the steer, ox or cow.

Veal is the meat of a six or eight-weeks'-old calf.

Mutton is the meat of the sheep.

Lamb is the meat of lambs.

Pork is the meat of the pig or hog.

Poultry includes chickens, duck, geese, turkey, etc.

Game is the wild fowl and wild animals, as venison, quail, pigeons, etc.

How to Judge Good Meat

Beef: Good beef should be firm, of fine grained texture, bright red in color and well coated with fat. The fat should be firm and of a yellowish color. The suet should be dry and crumble easily.

Mutton or Lamb: Good mutton should be fine grained and of a bright pink color; the fat hard, white and flaky. The outside skin should come off easily.

Veal: Good veal should have pinkish colored flesh and white fat. When flesh lacks color it has been taken from a creature which was too young for food.

Pork: Good pork should have a bright pinkish colored flesh and white fat. Never use pork that has any dark spots on it.

Care of Meat

Meat should be kept in a cool place.

Meat should be cleaned with a damp cloth.

Meat should be removed from the paper as soon as it comes from the market.

We cook meat for three reasons:

1. To draw out the juices as in soups, broths and beef tea.
2. To keep in the juice as in broiling, roasting, boiling and frying.
3. To keep in part of the juices and to draw out part of the juices, as in stewing and braising.

Cuts of Beef and Their Uses

1. NeckSoups and stews.
2. ChucksBraising, pot roasting, stewing.
3. RibsRoasting, boiling.
4. ShoulderStewing, boiling.
5. Fore shankSoups.
6. BrisketCorning, boiling.
7. Cross ribsPot roast or inferior steak.
8. PlateCorning, boiling.
9. NavelCorning, boiling.
10. LoinRoasting, broiling.
11. FlankStewing, braising.
12. RumpRoasting, stewing, pot roast.
13. RoundBraising, broiling, roasting, beef tea, beef juice.
14. Second cut of round.....Stewing, soups.
15. Hind shankSoups.
16. TailSoups.

Beef or Mutton Stew

Stewing.—Cooking in a small quantity of water, below the boiling point, for a long time.

2 to 3 lbs. beef or mutton	$\frac{1}{2}$ small onion, cut in slices
$\frac{1}{2}$ c. carrots (cut in cubes)	4 c. potatoes, cut in cubes
$\frac{1}{2}$ c. turnips (cut in cubes)	2 tb. flour
1 t. salt	4 c. water or enough to cover
$\frac{1}{4}$ t. pepper	

Wipe the meat and cut into one and one-half inch pieces; put part of the meat into the cold water and bring to boiling point. Roll the rest of the meat in flour slightly seasoned with salt and pepper. Melt fat in a frying pan and brown the sliced onion and meat. Add to the stew with carrots and turnips. Cook for two or three hours at simmering point. Parboil the potatoes for about five minutes before adding to stew. Thicken the gravy with flour mixed in cold water. Pour on a large platter and surround with dumpings.

Boiled Dumplings

2 c. flour	4 t. baking powder
$\frac{1}{2}$ t. salt	1 scant c. milk

Sift dry ingredients, stir in the milk gradually, with a knife, to make a soft dough. Drop quickly by the spoonful into the boiling stew, letting them rest on the meat and potatoes. Cover closely to keep in the steam, and boil just ten minutes without lifting the cover. Serve at once.

Broiling

1. Broiling over Coal Fire.—Have a clear, red fire. Wipe off meat with a wet cloth and remove superfluous fat. Grease a broiler and put meat on. Hold close to the coals, turning every ten seconds for one minute in order to sear both sides, and thus imprison the juice; then cook more slowly till done. Put on a hot platter and spread with butter, season with salt and pepper. Garnish with parsley and lemon slices.

2. Broiling Under Gas Flame.—Have broiling oven very hot, prepare meat and place in greased double broiler or on rack in pan. Sear one side of the meat and then the other. Cook more slowly, by turning down gas. Season and serve.

3. Pan Broiling.—Have frying-pan hissing hot. Prepare meat and put in pan. Sear both sides, then allow to cook more slowly until done. Season and serve. Drain off the fat as it cooks out of the meat and use for brown gravy.

Time Table for Broiling

Steak, 1 -inch thick.....	5 to 8 minutes
Steak, $1\frac{1}{2}$ -inch thick.....	7 to 12 minutes

Pan Broiled Chops

Heat a frying-pan very hot. Wipe the chops, remove fat. Put into frying-pan and sear both sides. Turn often during cooking. Cook from six to eight minutes.

Breaded Chops

Sautéing.—Cooking in a small amount of fat.

6 or 8 chops	Dry bread or cracker crumbs
1 egg	2 tb. cold water
2 tb. fat	

Wipe chops and sprinkle with salt and pepper. Beat egg slightly and add cold water. Dip chops in crumbs, then in egg and then in crumbs again.

Put fat in frying pan, heat, and place chops in pan. Brown on one side, turn carefully and brown the other side. Turn down gas, cover and cook slowly until done.

Hamburg Steak

1 lb. round steak	1 egg
1 tb. onion juice or grated onion	1½ t. salt
	Dash of pepper

Chop steak very fine and mix thoroughly with the other ingredients; the egg may be used or not, it helps hold the meat together during cooking. With hands or knife and spoon wet in cold water, shape the mixture into small, flat cakes, having the edges of the same thickness as the center. Meat is more easily handled if each cake is dropped in flour. Broil or saute first one side and then the other in hot drippings of fat salt pork. Serve with tomato sauce.

Roast Beef

Roasting.—Meats cooked in an oven, though really baked, are said to be roasted.

Time for Roasting.—Ten or twelve minutes to the pound. The smaller the roast the shorter the time per pound and the hotter the oven should be.

Wipe meat, place on a rack in a dripping pan. Dredge meat and pan with flour, put salt and pepper in pan. Place in a hot oven that surface may be quickly seared and the juice imprisoned. When the flour in the pan is browned, lessen the heat, and baste with fat in the bottom of the pan, to which a little hot water has been added. If meat is lean, put trimming of fat in pan. Baste the meat about every ten minutes.

Veal or Beef Loaf

Two pounds of raw beef, mutton or veal or two kinds together chopped fine with ¼ lb. of fat salt pork. Season with 2 t. salt and ¼ t. pepper. Mix with 1 c. cracker crumbs or dry bread crumbs, two beaten eggs and milk enough to moisten. Onion may be used for seasoning. Shape into a loaf and bake in oven for about one hour, basting often.

USES OF LEFT OVER MEATS

Minced Meat on Toast

Chop cooked meat fine. Put 1 c. meat in a pan with ¾ c. cold water or stock, and let it simmer. Thicken with ½ tb. butter and 1 tb. flour rubbed together. Season with salt and pepper and ½ t. minced onion. Serve on toast. Garnish with parsley.

Cottage Pie

Chop cold meat fine. To every cupful add ¾ c. gravy or stock, season highly with salt and pepper and ⅛ t. summer savory. Put into a baking-dish and cover with a crust of mashed potatoes. Bake twenty minutes or until brown. Serve in the dish in which it was baked.

Hash

Mix equal quantities of chopped cooked meat and chopped boiled potatoes, or mashed potatoes. Season highly with salt and pepper, adding onion if desired. For each pint of hash allow 1 tb. butter or drippings and a scant cup of water or stock; put into frying-pan and add hash, spread on bottom and let cook unstirred until well browned on the bottom; fold like an omelet. Serve on a hot platter. Garnish with parsley.

Creamed Dried Beef

1 lb. dried beef	2 tb. flour
2c. milk	$\frac{1}{2}$ t. salt
2 tb. butter	Speck of pepper

Remove skin and separate beef into pieces, cover with hot water let stand 5 minutes and drain. Make a white sauce of the milk, butter, flour and seasonings. Add the beef and reheat. Serve on toast.

Fish

The animal food next in importance to that of meat is fish. Fish should be eaten fresh and in season.

Classification of Fish

- I. Those with scales (salt and fresh water).
 1. White-fleshed fish have their oil secreted in the liver. Examples—Whitefish, cod, perch, pickerel, sunfish, haddock, etc.
 2. Red-fleshed fish have their oil throughout the body. Examples—Salmon, herring, lake trout, etc.
- II. Those with shells (salt and fresh water). Examples—Oysters, clams, shrimps.
- III. Those with a hard covering (crustaceous, with joints). Examples—Lobsters (salt water).

How to Judge a Fresh Fish

The flesh should be firm, the eyes and gills should be bright and scales should be shiny.

Creamed Codfish

$\frac{1}{2}$ lb. codfish	2 c. white sauce
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Pick codfish fine, cover with cold water and bring slowly to boiling point: drain and add to thin white sauce. A slightly beaten egg may be added just before taking from the fire. Pour over buttered toast or serve on a platter garnished with hard-cooked eggs. If time permits, codfish may be soaked in cold water for several hours.

Codfish Balls

$\frac{1}{2}$ lb. salt codfish	1 egg
2 hp. c. potatoes in inch thick pieces.	$\frac{1}{2}$ tb. butter
	Pepper

Boil and mash the potatoes. Freshen codfish by soaking in cold water. Mix fish, potatoes, butter and eggs together and beat the mixture well. Shape into balls or cylinders and fry in deep fat or shape into flat cakes and sauté.

Salmon Loaf

1 lb. can salmon	1 t. lemon juice
1 c. fine bread crumbs	$\frac{1}{2}$ t. onion juice
2 eggs	1 tb. fine chopped parsley
$\frac{1}{2}$ c. milk	A dash of paprika
	$\frac{1}{2}$ t. salt

Remove skin, bones and liquid from fish and pick fine. Mix together thoroughly with other ingredients, and then turn into a buttered mould. Cook

in a steamer, or in the oven in a dish of hot water about one-half hour, or until the center is firm. Serve hot with sauce. Garnish with parsley.

Sauce.—Melt 2 tb. butter, add 2 tb. flour, salt, a few grains of mace, and paprika, then add 1 c. hot milk and the strained salmon liquor. Cook until smooth in double boiler.

Scalloped Salmon

1 can salmon	1 c. white sauce
1 c. bread or cracker crumbs	

Take out all bones and skin and juice from the fish; butter a baking dish, put in a layer of fish, then a layer of buttered and seasoned crumbs, then a layer of fish, then crumbs. Pour the white sauce over, cover the top with buttered crumbs and brown in the oven.

Oyster Stew

1 qt. oysters	3 tb. butter
1 qt. milk	2 t. salt
	$\frac{1}{8}$ t. pepper

Strain oyster liquor from oysters. Clean oysters by placing them in a colander and pouring over them $\frac{3}{4}$ c. cold water. Carefully pick over oysters and put them in a sauce pan with the strained oyster liquor and heat to boiling point. While oysters are heating, scald the milk in a double-boiler. Pour the oysters into the scalded milk, add butter and seasonings. Serve with crackers.

Scalloped Oysters

1 qt. oysters	1 t. salt
$\frac{1}{2}$ c. melted butter	$\frac{1}{4}$ t. pepper
2 c. stale bread crumbs or cracker crumbs	5 or 6 tb. oyster liquor or oyster liquor and milk

Mix the crumbs with the salt, pepper and butter; spread one-third of them on the bottom of a buttered baking-dish, put in half the oysters drained and rinsed, another layer of crumbs, and the rest of the oysters; covering the top with crumbs, pour over the liquid. Bake twenty or thirty minutes in an oven hot enough to brown them.

Baked Fish

Wash and wipe the fish; head and tail may or may not be removed; if head is not removed the eyes should be taken out. Fill the cavity with dressing, allowing room for the dressing to swell slightly. Sew up the fish, using strong thread, skewer and tie in the shape of the letter S. Butter and dredge with flour and place on a rack or fish sheet in a baking-pan. If the fish is very dry, cut gashes in it crosswise and insert strips of salt pork. When the fish is brown and the flesh may be pierced without the juice running out, remove the string and skewers, garnish with lemon and parsley and serve.

Dressing for Baked Fish

1 c. stale bread crumbs	2 tb. chopped pickle
$\frac{1}{4}$ c. melted butter	$\frac{1}{4}$ t. salt
Few drops onion juice	$\frac{1}{8}$ t. pepper
1 tb. chopped parsley	

Mix all together and add enough cold water to bind the crumbs together, using a fork for mixing.

Chapter VII.

Body Building and Body Regulating Foods—Mineral Matter

1. Fruits

Apple Sauce I

Wash, wipe, quarter, pare and core eight sour apples. Cook apples in enough water to keep from scorching. When fruit is tender stir or beat until smooth, add sugar and as soon as dissolved remove from fire. Use $\frac{1}{8}$ to $\frac{1}{4}$ c. sugar for each cup of cooked fruit.

Apple Sauce II

Wash, wipe, quarter, pare and core eight sour apples. Make a syrup by boiling $\frac{1}{2}$ c. sugar and 1 c. water for 7 minutes. Add enough apples to cover bottom of sauce pan; watch carefully during cooking and remove as soon as soft. Continue until all are cooked. Strain remaining syrup over all.

Baked Apples

Wipe and core eight sour apples. Place on granite baking dish. Fill cavities with $\frac{1}{2}$ c. sugar mixed with $\frac{1}{4}$ t. nutmeg or cinnamon and $\frac{1}{2}$ t. butter. Cover bottom of dish with boiling water and bake in a hot oven until soft, basting with syrup in pan. Serve hot or cold with the syrup or cream.

Scalloped Apples

$\frac{1}{4}$ c. sugar	3 c. sliced or chopped apples
$\frac{1}{4}$ t. cinnamon	$\frac{1}{4}$ c. butter
$\frac{1}{4}$ lemon rind grated	1 c. soft bread crumbs

Mix sugar, cinnamon and lemon rind. Melt butter and stir it into crumbs. Butter a baking dish, put in $\frac{1}{4}$ of crumbs, $\frac{1}{2}$ of apple, and sprinkle with $\frac{1}{2}$ sugar. Then put in another layer of crumbs, apple and sugar and remaining half of crumbs on top. If apples are not very tart add lemon juice to each layer. Add $\frac{1}{2}$ c. cold water. Bake slowly, covered at first. When apples are soft remove cover and brown crumbs. Serve with cream. Ripe berries may be used in place of apples sometimes.

Rhubarb Sauce

Peel and cut rhubarb into inch pieces. If young and tender do not peel. Add $\frac{1}{2}$ c. sugar for every pint of fruit and a very little water. Cook in a double boiler till soft. Do not stir it. The pieces of rhubarb should be unbroken.

Rhubarb may be cooked in a covered baking dish in the oven.

Vegetables

Green Vegetables as they are rich in mineral matter are a very necessary part of the diet. In cooking those rich in mineral, such as spinach, peas, oyster plant, a small amount of water should be used, so that the minerals may not be lost by dissolving in the water.

To Mince Onions

Remove covering from onion about one-half way down. Score across top about $\frac{1}{8}$ inch apart, score again in opposite direction, then slice across the onion.

Boiled Onions

Put onions in cold water; remove skins while under water. Drain, boil five minutes in boiling salted water, drain, add fresh boiling water. Cook one hour or until soft. Drain, add small quantity of milk, butter, pepper, salt to season.

Creamed Onions

Prepare and cook as boiled onions, changing the water twice during boiling; drain, and cover with thin white sauce.

Boiled Cabbage

Take off outside leaves, cut cabbage into quarters and remove tough stalk. Soak in cold water and cook in an uncovered vessel in salted water. Cook from thirty minutes to one hour, drain, and season with butter, pepper and salt.

Scalloped Cabbage

Chop a medium-sized boiled cabbage in small pieces. Put it into a baking dish, mix with one cup white sauce. Over top sprinkle lightly one-half cup buttered crumbs. Put in oven to reheat and brown crumbs.

Cauliflower with Cream Sauce

Soak cauliflower, blossom end down, in cold water. Break apart and cut off the leaves and hard stalk. Put into a large quantity of boiling salted water and cook twenty minutes or till tender. Drain, and cover with white sauce, using 1 pt. sauce.

Cold cooked cauliflower may be scalloped, adding a little cheese to the sauce.

String Beans

String and cut beans into one-inch pieces crosswise. Wash. Cook in boiling salted water until tender—from twenty-five minutes to one hour. Drain, season with salt and pepper and butter or mix with 1 c. white sauce.

Asparagus

Wash the asparagus, remove scales and break into inch pieces as far down on the stalk as it will break easily. If it does not snap off quickly, the stalk is too tough to be used. Cook in boiling salted water for fifteen minutes or until tender. The tips of the asparagus should not be added until after the stalks have cooked ten minutes. Drain, spread with butter, season with salt and pepper or mix lightly with a white sauce and serve on toast. 1 c. sauce is generally allowed to one bunch of asparagus.

Asparagus in Shells

Remove centers from small rolls and fry shells in deep fat. Drain, and fill with asparagus in white sauce.

Stewed Tomatoes

Wipe tomatoes, put in a bowl and pour boiling water over them to loosen skins. Peel, remove green, hard stems and slice them into granite saucepan. Cook from fifteen to twenty minutes, removing yellow scum that appears on surface. Add to four medium-sized tomatoes, 1 tb. butter, 1 t. salt, $\frac{1}{8}$ t. pepper and if the tomatoes are very acid 1 tb. sugar, if liked. $\frac{3}{4}$ c. of fine bread crumbs may be added just before taking from stove. Tomatoes should never be cooked in a tin or iron utensil, as by so doing they acquire a metallic flavor.

Scalloped Tomatoes

1 can tomatoes ¼ c. sugar
1 t. salt ⅓ t. pepper
1½ c. buttered crumbs

Butter a granite or porcelain-lined baking dish. Sprinkle with ½ c. of crumbs. Stir tomatoes, salt, sugar and pepper together and pour them into dish. Cover with remaining crumbs and place in hot oven on top grate to heat mixture through and brown crumbs.

Spinach

½ pk. spinach ½ t. pepper
1 tb. salt 3 tb. butter
2 hard cooked eggs may be used for a garnish

Pick over carefully one-half peck of spinach. Remove wilted leaves and trim off roots. Wash thoroughly, lift spinach from one pan of water into another, that sand may be left in the water. Wash in several waters until water is clear. Put spinach in a large saucepan, and if it is fresh and tender do not add any water, but cook it in its own juice about twenty-five minutes, or until tender. If the spinach is old, cook it in two quarts of boiling salted water, uncovered, that it may retain its green color better. Drain off water, add butter, turn into a hot dish and serve at once. Spinach is pleasing if served with a few drops of vinegar.

Salads

A salad has three good qualities. It is healthful, economical, and attractive. It is healthful because of the fresh green vegetables and fruits so valuable for the mineral matter and water which they contain. It is economical because "left-overs" may be utilized in a most palatable and attractive manner.

Salads served with a dinner should be very simple, and consist of vegetables or fruit. Salads for the main dish of a meal should consist of various combinations of meats, fish or vegetables, mixed with Mayonnaise or Boiled Salad Dressing. Fruit salads are generally served for afternoon or evening affairs.

MATERIALS USED FOR SALADS

Green vegetables—Celery, chicory or endive, cress, cucumbers, lettuce, onions, peppers, radishes and tomatoes.

Cooked vegetables—Beans, string and whole, beets, cauliflower, carrots, potatoes and spinach.

Fruits uncooked—Any fresh fruit, with the exception of some of the berries.

Meat and poultry—The white meats like veal, chicken and turkey, are more attractive in salad, but any kind of cold meat may be used.

Fish and shellfish—Lobsters, crabs, scallops and cold fish.

Nuts—All kinds may be used in combination with fruits.

Jellies—Tomato jelly, meat, chicken and fish, molded in jelly, may be served as a salad.

Eggs—Hard boiled as a garnish.

Cheese—May be served with lettuce.

Rules for Salad Making

1. Have ingredients very cold and use fresh, crisp vegetables.
2. Wash thoroughly one leaf at a time and dry by pressing between dry clean cloth.
3. Mix just before using.
4. Use a fork to mix salad ingredients.
5. Combine ingredients that will produce an agreeable flavor and appearance.
6. Always serve a salad that will harmonize with the other courses of the meal.
7. Meat, fish, potatoes, etc., which will absorb dressing, should be marinated or mixed with a French dressing, chilled and drained before serving.
8. A meat, fish, or egg salad served with a cooked or mayonnaise dressing contains a great deal of nourishment and when served should be one of the chief foods of the meal. Serve a vegetable or fruit salad with a hearty meal.
9. Do not leave a metal fork or spoon in salad ingredients any length of time, as a poisonous compound may be formed.

Head lettuce may be served halved, quartered or sliced, with any desired dressing. If the lettuce is to be used for a garnish, the leaves may be cut from the stalk and used separately, or the leaves may be shredded. To shred lettuce, place five or six leaves of uniform size, one on top of the other, roll up and slice across the roll in thin slices or shreds.

Salad Oils

Salad oils are among our most valuable foods. Not only do they yield the body a large amount of heat and energy, but they keep the whole system in a healthy and normal condition. Olive oil has been the standard of a pure, delicious oil, but there are other oils such as cotton-seed oil, peanut oil, corn oil, etc., and mixtures of these various oils, which one may choose according to keeping qualities and prices. All salad oils have practically the same food value.

French Dressing

$\frac{1}{2}$ t. salt	2 tb. vinegar or lemon juice
$\frac{1}{4}$ t. pepper	6 tb. oil

Add seasoning to acid and add slowly to oil, beating all the time. When slightly thickened and cloudy in appearance, dress salad. If a large quantity is to be prepared, put all ingredients into a bottle or fruit jar, cork tightly and shake hard until ingredients are well blended. The colder the material, the more quickly the emulsion will be formed.

Boiled Salad Dressing

Beat the yolks of 4 eggs or 2 whole eggs very light. Pour over them 4 tb. boiling vinegar. Set the bowl over hot water and cook till thick and smooth, beating constantly. Add 4 tb. butter, and when cool, season and thin with cream.

Seasoning for Salad Dressings

3 t. salt	1 t. mustard
$\frac{1}{3}$ t. cayenne	

Mix, and use this to season salad dressings.

Cream Salad Dressing

$\frac{1}{2}$ t. salt	1 tb. flour
1 t. mustard	Yolks of 2 eggs, or 1 egg
$1\frac{1}{2}$ tb. sugar	$1\frac{1}{2}$ tb. melted butter
Few grains of cayenne	$\frac{3}{4}$ c. milk or cream
	$\frac{1}{4}$ c. vinegar

Mix dry ingredients. Add yolks of eggs, slightly beaten, butter and milk. Cook over boiling water until mixture thickens, then add vinegar slowly, stirring constantly. Strain and cool.

Mayonnaise Dressing

$\frac{1}{2}$ t. mustard	1 tb. sugar
$\frac{1}{2}$ t. salt	3 tb. vinegar
$\frac{1}{8}$ t. paprika	$1\frac{1}{2}$ c. salad oil
1 egg	

Mix the dry ingredients thoroughly. Add the well-beaten egg and acid. Add the oil, a fourth of a cup at a time, beating constantly. More acid may be used if desired, by adding it at the last.

Thousand Island Dressing

$\frac{3}{4}$ c. mayonnaise dressing	1 t. Worcestershire sauce
2 tb. chile sauce	1 tb. catsup

Mix ingredients together thoroughly. When ready to serve mix gently with $\frac{1}{2}$ c. cream, whipped stiff. Serve at once.

To improve the flavor of this dressing, 2 tb. green pepper, 1 tb. chopped onions, 1 hard cooked egg, chopped, may be added.

Fruit Salad Dressing

$\frac{1}{4}$ c. pineapple juice	1 egg
$\frac{1}{4}$ c. orange juice	1 tb. corn starch
1 tb. lemon juice	$\frac{1}{2}$ c. sugar
3 tb. water	$\frac{1}{2}$ c. cream, whipped

Heat the fruit juices in a double boiler. Add water. Beat eggs until light, gradually adding sugar and cornstarch. Add hot liquid to egg, return to double boiler. Stir constantly until mixture thickens and coats the spoon. When cold and ready to use fold in whipped cream. This makes one pint of dressing.

Pineapple Salad

Put a slice of canned pineapple on a bed of lettuce and put a tiny ball of cream cheese in the center of pineapple. Serve with French or mayonnaise dressing.

Cabbage Salad

2 c. shredded cabbage	$\frac{1}{2}$ onion, cut fine
	2 c. chopped celery

Mix ingredients thoroughly. Add mayonnaise or boiled dressing. Serve on lettuce leaves.

Waldorf Salad

2 c. apples, diced	1 c. celery, cut in cubes
	1 c. nut meats, broken in pieces

Mix ingredients thoroughly and add boiled dressing. Serve on lettuce leaves or remove tops from red apples, scoop out the pulp and refill shells with salad.

Fruit Salad

1 can pineapple, diced
3 oranges, diced
3 bananas, sliced

$\frac{1}{4}$ c. nut meats or maraschino
cherries

Fruit salad dressing to moisten.

Potato Salad

Cut cold boiled potatoes in cubes, sprinkle lightly with salt. If liked, add one-half the amount of celery, cut in cubes. Add 2 tb. minced onion to every pt. of potatoes. Moisten with salad dressing. Mix lightly and put on lettuce leaves, or put in a bowl and garnish with celery leaves.

Russian Salad

1 c. cold cooked carrots
1 c. cold cooked potatoes

1 c. cold cooked peas
1 c. cold cooked string beans

Arrange vegetables in a mold and serve with a cooked or French dressing.

Salmon Salad

1 large can salmon

1 c. diced celery or shredded
cabbage seasonings

Mix with mayonnaise or boiled dressing. Serve on a bed of lettuce leaves. Garnish with sliced lemon or sliced hard cooked eggs. Tuna fish, lobster, crab meat, shrimps and left over fish may be used in place of salmon.

Chicken or Veal Salad

Cut cold boiled chicken or veal into $\frac{1}{2}$ inch pieces. To two cups meat add one and one-half cups celery cut small. Marinate with French dressing. Serve on lettuce with mayonnaise, cream or boiled salad dressing.

Perfection Salad

1 tb. granulated gelatine
 $\frac{1}{4}$ c. water
 $\frac{1}{4}$ c. vinegar
Juice $\frac{1}{2}$ lemon
 $\frac{1}{4}$ c. sugar

$\frac{1}{2}$ t_s salt
1 c. boiling water
1 c. diced celery
 $\frac{1}{2}$ c. shredded cabbage
 $\frac{1}{4}$ c. pimentos

Soften the gelatine in cold water. Mix vinegar, lemon juice, sugar, salt and boiling water. Bring all to the boiling point and add the softened gelatine. When the mixture begins to thicken, add the celery, cabbage and pimentos, and turn into a ring mould. Chill, serve with mayonnaise dressing.

Chapter VIII.**FLOUR MIXTURES****Flour**

Flour is made by milling the grains of different cereals, as wheat, rye, corn, rice and barley. Of these wheat is the most important as it grows in almost every climate and is the best suited for bread making. Wheat is called the "King of Cereals."

Wheat Flour

The grain of wheat consists of three parts:

1. Germ—from which the young plant grows.
 2. Kernel—center of the grain, composed largely of starch and gluten.
 3. Bran coat—composed largely of woody fibre and mineral matter.
- This is divided into five distinct layers.

There are two kinds of wheat which yield different flour:

1. Winter or "soft"—Sown in the autumn; endures cold and dampness of winter; is soft and starchy; yields a fine flour called "pastry flour," used for cakes and pies.
2. Spring or "hard"—Sown in the spring; comes up quickly in the sunny weather; is hard and contains gluten, a protein substance necessary for the production of a light elastic dough. Bread is made from the spring wheat flour.

Classification of Wheat Flour

1. Plain White Flour—Germ and bran coats discarded in milling.
 - a. Bread Flour
 - b. Pastry Flour.
2. Graham Flour—Coarse and dark in color, the whole grain being used.
3. Whole Wheat Flour—Germ and outside bran coat discarded.

Corn

With the exception of wheat, corn is grown more than any other grain in the United States. It contains a great deal of starch, and more fat than any other cereal. It, therefore, spoils easily and should be bought in small quantities.

Flour Mixtures

A flour mixture must contain:

1. Flour to thicken.
2. Liquid to moisten.
3. Leaven to lighten.
4. Salt.

It may contain other things to improve flavor and increase food value.

Flour Mixtures Are Classified As:

- I. Batters. A batter is a mixture which can be beaten.
 - (a) Pour batter—equal parts of flour and liquid.
 - (b) Drop batter—twice as much flour as liquid.
- II. Doughs. A dough is a mixture stiff enough to handle on a board.
 - (a) Soft dough—three times as much flour as liquid.
 - (b) Stiff dough—three and one-half or more times as much flour as liquid.
- III. Sponge. A batter to which yeast is added.

Leavens

A leaven is a harmless gas used in flour mixtures to make them light, porous, more digestible and better to taste.

That which produces the gas is called the leavening agent.

Classification of Leavens

I. Natural.

1. Air—introduced into the mixtures.
 - (a) By beating into the mixtures.
 - (b) By sifting dry ingredients.
 - (c) By folding in beaten egg whites.
2. Steam—introduced into mixture.
 - (a) By moisture and heat.

II. Artificial.

1. Carbon dioxide—introduced into mixture.
 - (a) By any acid and soda.
 - (b) By baking powder and moisture.
 - (c) By yeast.

Proportions of Acids and Alkalies to be Used in Flour Mixtures:

- | | |
|--|---|
| 2 t. baking powder for each cup flour | $\frac{1}{2}$ t. soda to 1 c. molasses for stiff doughs |
| 1 t. soda to 1 pt. thick sour milk | $\frac{1}{4}$ t. baking powder may be deducted for every egg after the first one. |
| 1 t. soda to 1 c. molasses for batters | |

Experiments

1. Soda + sour milk = gas (carbon dioxide).
2. Soda + vinegar = gas.
3. Soda + lemon juice = gas.
4. Soda + molasses = gas.
5. Soda + cream of tartar = gas.
6. Baking powder + moisture = gas.

Cream of tartar is an acid substance made from crystals deposited on the sides and bottom of casks containing grape wine.

Classes of Baking Powders

1. Alum Powders.
2. Phosphate Powders.
3. Cream of Tartar Powders.

Cream of tartar powders are the strongest, purest and best powders.

Recipe for Baking Powder

- | | |
|-------------------------------|-------------|
| 2 parts cream of tartar | 1 part soda |
| $\frac{1}{2}$ part cornstarch | |

Sift the soda; add cornstarch and sift five minutes; add cream of tartar and sift five or six times. Keep in tin or glass cans tightly covered.

Oven Tests

1. Very hot oven. A piece of white unglazed paper placed on the grate on which the baking is to be done, turns a light brown in one and one-half minutes.
2. Hot oven. Paper turns light brown in 2 minutes.
3. Moderate oven. Paper turns light brown in 3 minutes.
4. Cool oven. Paper turns light brown in 4 minutes.

Batters

Pop Overs

- | | |
|-----------------------|-----------|
| 1 c. flour | 1 c. milk |
| $\frac{1}{4}$ t. salt | 1 egg |

Sift the salt with the flour; add milk slowly to form a smooth paste,

then add the rest of milk and beaten egg. Beat well with Dover egg beater, from three to five minutes. Pour into hot greased gem pans and bake in hot oven thirty minutes until brown and well popped over. Makes 8 popovers.

Sweet Milk Griddle Cakes

3 c. flour	$\frac{1}{4}$ c. sugar
$1\frac{1}{2}$ tb. baking powder	2 c. milk
1 t. salt	1 egg
2 tb. melted butter	

Mix and sift dry ingredients; beat egg, add milk to egg and pour slowly on to first mixture. Beat well and add butter. Drop by spoonfuls on a hot, greased griddle. When puffed, full of bubbles, and cooked on edges, turn and cook the other side. Turn griddle cakes just once while cooking. Serve with butter and maple syrup.

Corn Meal Griddle Cakes

1 c. corn meal	1 t. salt
2 c. water	4 t. baking powder
$1\frac{1}{4}$ c. milk	$\frac{1}{4}$ c. sugar
$1\frac{1}{2}$ c. flour	2 eggs
3 tb. fat	

Cook the corn meal in the water for five minutes. Cool. Add the milk, the sifted dry ingredients and well beaten eggs. Mix thoroughly. Drop at once on a hot griddle.

Rice Griddle Cakes

$2\frac{1}{2}$ c. flour.	$\frac{1}{4}$ c. sugar
$\frac{1}{2}$ c. cold cooked rice	$1\frac{1}{2}$ c. milk
1 tb. baking powder	1 egg
$\frac{1}{2}$ t. salt	2 tb. melted shortening

Mix and sift dry ingredients. Work in rice with tips of fingers. Add egg well beaten, milk and butter. Cook same as other griddle cakes.

Bread Griddle Cakes

1 pt. stale (not dried) bread	2 eggs
crumbs	1 c. flour
1 pt. scalded milk	$\frac{1}{2}$ t. salt
2 tb. butter	
2 t. baking powder	

Pour hot milk over crumbs and butter and soak till the crumbs are soft. Separate the eggs and add the beaten yolks to crumb mixture. Mix and sift the dry ingredients and add to first mixture. Fold in the beaten whites. Bake slowly on a hot greased griddle. Add cold milk to thin if necessary.

Sour Milk Griddle Cakes

2 c. flour	1 t. baking soda
$\frac{1}{2}$ t. salt	2 c. sour milk
2 t. baking powder	3 tb. fat

Pour the sour milk into a mixing bowl. Sift the dry ingredients and add the sour milk. Melt the fat and add it to the flour mixture. Cook at once on a hot griddle.

Note:—Since the amount of baking soda depends upon the amount of sour milk, the flour should be the ingredient which is changed in recipes containing sour milk.

Waffles

1 pt. flour	2 eggs
$1\frac{1}{2}$ t. baking powder	$1\frac{1}{2}$ c. milk
$\frac{1}{2}$ t. salt	2 tb. butter, melted

Mix in order given, adding beaten yolks with milk, then the butter, and fold in the beaten whites last. Serve with butter and syrup.

Whole rule makes 6 large waffles.

Muffins

One-Egg Muffins

2 c. flour	2 tb. sugar
1½ t. baking powder	1 c. milk
½ t. salt	2 tb. melted shortening
1 egg	

Mix and sift dry ingredients; add milk gradually, egg well beaten and melted fat last. Bake in a hot oven in greased pans twenty-five minutes. Makes 8 large muffins.

Graham Muffins

1 c. graham flour	¾ t. salt
1 c. white flour	1 c. milk
⅛ c. sugar	1 egg
4 t. baking powder	2 tb. melted shortening

Mix and sift dry ingredients; add milk gradually; egg well beaten and melted fat last. Bake in a hot oven in greased pans twenty-five minutes. Do not throw away the bran left in the sifter after sifting the dry ingredients, but add to batter. Whole rule makes 8 muffins.

Corn Meal Muffins

1 c. flour	1 egg
1 c. corn meal	¼ c. sugar
½ t. salt	1 c. milk, scant
4 t. baking powder	1 tb. melted fat
2 tb. boiling water	

Pour boiling water on corn meal to scald it. Mix and sift rest of dry ingredients and add to corn meal. Add milk to beaten eggs, add to dry ingredients. Add fat and beat well. Bake in hot greased gem pans twenty minutes to half an hour. Makes 8 muffins.

Hot Water Gingerbread

1 c. molasses	1 t. soda
½ c. boiling water	1½ t. ginger
2¼ c. flour	½ t. salt
4 tb. melted shortening	

Mix water and molasses. Mix and sift all dry ingredients, then add liquid gradually, add shortening and beat vigorously. Pour into a buttered, shallow tin pan and bake twenty-five minutes in a moderate oven.

Sour Milk Gingerbread

1 c. molasses	Sour milk
1 c. sour milk	2 t. ginger
2¼ c. flour	2 t. cinnamon
1½ t. soda	¼ c. melted shortening

Mix sour milk and molasses. Mix and sift all dry ingredients. Combine mixtures. Add shortening and beat vigorously. Bake in a shallow greased pan, twenty-five to thirty minutes in a moderate oven.

Corn Bread

1 c. sour milk	1 tb. sugar
1 c. flour	1 egg
1 c. corn meal	½ t. soda
1 tb. fat	2 t. baking powder
½ t. salt	

Mix and sift dry ingredients. Add milk to slightly beaten egg. Combine mixtures. Beat well. Add melted fat. Bake in a shallow pan, in a moderate oven thirty minutes.

Note:—May be baked in muffin pans.

Cakes

Cakes are divided into two classes.

1. Butter or Pound Cakes—made with butter.
2. Sponge Cakes—made without butter.

Good cake depends upon the following things:

1. Best ingredients.
2. Accurate measurements.
3. Careful combining of ingredients.
4. Correct oven temperature.

General Rules for All Cakes

1. Prepare pans and light the oven.
2. Make all measurements before beginning to combine.
3. Measure all dry ingredients first, then liquids. Flour should be sifted before measuring.

Methods of Preparing Pans

1. Grease pan thoroughly and sprinkle with flour.
2. Line bottom of pan with paper and grease paper and sides of pan.

Use an unsalted fat for greasing pans. If butter is used, melt and allow salt to settle. Salt in a fat will cause the mixture to stick to the pan.

If the mixture sticks in removing from the pan, place pan on a damp cloth and allow to steam for a few minutes.

Time for baking cake should be divided into quarters as follows:

First quarter, mixture should begin to rise.

Second quarter, continue rising and begin to brown.

Third quarter, continue browning.

Fourth quarter, finish baking and shrink from pan.

Test for oven:

The oven for butter cake should turn a piece of white paper light brown in five minutes.

The oven for sponge cake should turn a piece of white paper light yellow in five minutes.

Butter Cakes

One Egg Cake

$\frac{1}{3}$ c. butter	2 c. flour
1 c. sugar	4 t. baking powder
1 egg, beaten separately	1 t. vanilla
1 c. milk	

1. Cream the butter. Butter should never be melted. Add sugar gradually to the butter and cream again. Separate the egg and add the beaten yolks to the sugar and butter. Sift the flour with the baking powder. Add the milk and flour alternately to the first mixture beginning with the flour. Add flavoring. Beat thoroughly. Fold in the beaten whites. Bake twenty to thirty minutes in a moderate oven. May be baked as a layer cake or a square loaf cake.

Spice Cake

$\frac{1}{2}$ c. butter	$1\frac{1}{2}$ c. flour
1 c. fine granulated sugar	1 t. vanilla
$\frac{1}{2}$ c. sour milk	$\frac{1}{4}$ t. cloves
$\frac{1}{2}$ t. soda	1 t. cinnamon
1 tb. molasses	1 c. raisins
2 eggs, beaten separately	$\frac{1}{4}$ t. salt

1. Cream the butter. Add the sugar gradually and cream again. Add the beaten yolks. Sift the flour, salt, soda and spices together. Add the molasses to the sour milk. Add the milk and flour alternately to the first mixture beginning with the flour. Sprinkle the raisins lightly with flour and add to the cake mixture. Add flavoring. Beat thoroughly. Fold in beaten whites. Bake thirty to forty minutes as a loaf.

Cocoa Cake

2 c. brown sugar	$\frac{1}{2}$ c. cocoa dissolved in $\frac{1}{2}$ c.
2 eggs	boiling water
$\frac{1}{2}$ c. fat	2 c. flour.
$\frac{1}{2}$ c. sour milk	2 t. baking powder
	1 t. soda

Cream the butter and sugar together. Add the slightly beaten eggs and beat thoroughly. Dissolve the cocoa in the boiling water and add the milk. Add cocoa mixture to first mixture. Sift flour, baking powder and soda together and beat in thoroughly. Bake as a loaf in a moderate oven thirty minutes.

Apple Sauce Cake

$\frac{1}{2}$ c. butter substitute	1 t. soda
1 c. sugar	2 tb. warm water
$\frac{1}{2}$ t. cloves	1 c. apple sauce, thick and strained
1 t. cinnamon	3 c. flour
1 c. raisins	
$\frac{1}{2}$ t. nutmeg	

Cream together the butterine and sugar. Add the cloves, cinnamon, nutmeg and raisins. Stir the soda, dissolved in the warm water, into the apple sauce. Add the sauce to the first mixture. Beat this mixture thoroughly. Add the flour. Pour into a loaf pan and bake in a moderate oven from 30 to 40 minutes.

Frosting

Chocolate Frosting

2 squares chocolate	3 tb. hot water
1 t. butter	Confectioners' sugar
	$\frac{1}{4}$ t. vanilla

Melt chocolate over boiling water, add butter and hot water. Cool and add sugar to make of right consistency to spread. Flavor with vanilla.

White Mountain Cream

$\frac{3}{4}$ c. sugar	1 t. vanilla or
$\frac{1}{3}$ c. boiling water	$\frac{1}{2}$ tb. lemon juice

White of one egg

Put sugar and water in saucepan and stir until sugar is dissolved. Heat gradually to boiling point and boil without stirring until syrup will form a soft ball when dropped from tip of spoon. Pour syrup gradually on beaten white of egg, beating mixture constantly and continue beating until of right consistency to spread. Add flavoring.

Sponge Cakes

Sponge Cake

5 eggs	Grated rind and juice of $\frac{1}{2}$ lemon
1 c. granulated sugar	1 c. pastry flour
$\frac{1}{4}$ t. salt	
1. Sift flour and measure.	
2. Beat yolks of eggs	
3. Beat in sugar gradually.	

4. Add flavoring and salt and beat.
 5. Fold in beaten whites.
 6. Sift in flour and food but do not stir.
- A sponge cake beaten after the addition of flour will be stiff and tough.
7. Bake in an ungreased pan in a very slow oven for nearly an hour.
 8. Invert on cups and allow to cool before removing from pan.

Smaller Sponge Cake

3 eggs	$\frac{1}{8}$ t. salt
Juice and grated rind of lemon	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ c. flour	

Put together in same manner as the above cake.

Doughs

Baking Powder Biscuits

2 c. flour	$\frac{1}{2}$ t. salt
4 t. baking powder	1 tb. butter
$\frac{3}{4}$ c. milk	1 tb. lard

Mix and sift dry ingredients. Chop in shortening with two knives; add milk gradually to form a soft dough, mixing with a knife. Toss on a floured board, roll lightly to $\frac{3}{4}$ inch thickness. Cut in rounds, place on a greased pan so that biscuits do not touch each other, and bake in a very hot oven fifteen minutes.

Handle the dough as little as possible.

Fruit Rolls or Pin Wheel Biscuits

Make 1 pt. Baking Powder Biscuit dough. Roll $\frac{1}{4}$ -inch thick, brush with melted butter or water. Sprinkle with sugar, $\frac{1}{3}$ c. stoned raisins, finely chopped, 2 tb. chopped citron, $\frac{1}{3}$ t. cinnamon. Roll like jelly cake. Cut in $\frac{3}{4}$ -inch slices. Bake fifteen minutes in a quick oven. Currants may be substituted for raisins and citron.

Strawberry Shortcake

2 c. flour	4 t. baking powder
$\frac{1}{2}$ t. salt	$\frac{1}{3}$ c. butter
$\frac{3}{4}$ c. milk	

Mix and sift dry ingredients. Chop in butter with two knives, stir in milk. Roll on a board very little or else divide mixture in half, smoothing it over 2 shallow buttered pans. Bake twelve minutes. Pick over, clean berries, save out some whole ones for top, crush rest slightly. Sweeten with sugar. Put berries between layers and on top.

Imperial Cookies

$\frac{1}{2}$ c. butter	3 c. flour
1 c. sugar	3 t. baking powder
2 eggs	$\frac{1}{2}$ t. lemon extract
1 tb. milk	$\frac{1}{2}$ t. grated nutmeg

Cream the butter, add the sugar gradually, then add milk and beaten egg. Mix thoroughly. Then add the sifted dry ingredients and mix to make a dough. Turn out on a floured board, roll lightly and cut with a cutter which has been dipped in flour. Bake on a buttered pan in a moderate oven till light brown, about ten minutes.

Hermits

$\frac{1}{3}$ c. butter	$\frac{1}{3}$ c. raisins, stoned and cut in small pieces
$\frac{2}{3}$ c. sugar	$\frac{3}{4}$ t. cinnamon
1 egg	$\frac{1}{3}$ t. cloves
2 tb. milk	$\frac{1}{3}$ t. mace
$1\frac{3}{4}$ c. flour	$\frac{1}{3}$ t. nutmeg
2 t. baking powder	

Cream butter, add sugar gradually, add raisins, well beaten egg and milk and mix thoroughly. Mix and sift flour, baking powder and spices and combine with first mixture. Drop by teaspoon on greased pan about one inch apart. Bake in a moderate oven.

Oatmeal Cookies

2 c. rolled oats	1 t. soda in 4 tb. sour milk
1 c. flour	1 c. raisins
2 eggs	$\frac{1}{2}$ nuts if you wish
1 c. brown sugar	
1 t. cinnamon	
$\frac{3}{4}$ c. shortening	$\left\{ \begin{array}{l} \frac{1}{2} \text{ lard} \\ \frac{1}{2} \text{ butter} \end{array} \right.$

Cream the sugar and shortening together, add the eggs beaten slightly and beat together thoroughly, add raisins and nuts. Add the soda and the sour milk. Mix the flour, which has been sifted, with the cinnamon to the rolled oats and combine mixtures. Drop by spoonfuls on a baking sheet about one inch apart. Bake in a moderate oven.

Peanut Cookies

2 tb. butter	1 egg, well beaten
$\frac{1}{4}$ c. sugar	$\frac{1}{2}$ c. flour
1 t. baking powder	$\frac{1}{2}$ tb. milk
$\frac{1}{4}$ t. salt	$\frac{3}{4}$ c. chopped peanuts
	$\frac{1}{2}$ t. lemon juice

Cream butter, add sugar gradually and egg well beaten. Mix and sift dry ingredients, add to first mixture. Add milk, peanuts and lemon juice. Drop from tip of spoon on unbuttered sheet one inch apart and place one-half peanut on top of each. Bake 12 to 15 minutes in slow oven.

Bread

**"Bread is the Staff of Life, but
Bread and Butter is a Gold-headed Cane."**

Test flour for gluten.
Use Spring Wheat flour.
Bread dough is lightened by yeast.

Yeast

Yeast is a microscopic plant which grows very rapidly under proper conditions by budding. Conditions necessary for its growth are:

1. Proper temperature—from 75° to 80° F.
2. Proper food—gluten, or some nitrogenous food, and sugar.
3. Moisture.

Bread dough is the best soil for growing the yeast plant. The yeast changes the sugar into gas in carbon dioxide and alcohol. The gas being lighter than the dough, rises, and in its effort to escape, puffs up the elastic, glutinous mass to two or three times the original size. The alcohol escapes in the oven.

Three kinds of yeast are used for bread-making:

1. Dry.
2. Liquid.
3. Compressed.

A good compressed yeast cake is known by its light even color. If fresh, it will have no dark spots. Liquid yeast is cultivated in a mixture of potatoes, sugar, water and hops.

Kneading

We knead bread the first time to develop the gluten and make the dough elastic, and to thoroughly mix the ingredients. It should be continued until the dough will spring back into place when pressed with the finger.

We knead bread the second time to break up the bubbles of gas which have formed during the rising, which, if left in, would make large holes in the bread. This kneading should be continued until the bread stops squeaking.

Bread Is Baked

1. To kill the yeast plant.
2. To drive off the alcohol.
3. To burst the starch cells.
4. To improve color and flavor.

Helpful Hints About Bread-Making

1. To keep the dough from cooling, mix and knead it quickly. In cold weather, warm the flour, the mixing bowl and the board.

2. The longer the batter is beaten, the less kneading the dough will require. When the dough can be lifted in a mass on the spoon, it is ready to knead.

3. By using not less than one yeast-cake to one pint of liquid the following advantages are gained:

- (a) The bread can be made and baked within five hours.
- (b) It may be more easily kept clean and free from kitchen odors than if it stood longer.
- (c) It has not time to sour.

4. Make small loaves to insure the bread's being baked through; in large loaves the heat may fail to penetrate to the center and some yeast may remain alive.

5. The baking of bread should be divided into three equal periods.

First period—bread should rise and become slightly brown.

Second period—bread should not rise more, but continue to brown.

Third period—bread should be a golden brown and should shrink from the pan.

The oven should be hot for the first period, but heat should gradually decrease during the remainder of the baking.

6. When baked, remove loaves from pans and set on edge in such a way that the air may circulate freely around all parts. When cold put in a clean, sweet bread-box, without any wrapping, as a cloth may give it a musty flavor.

Milk and Water Bread

- | | |
|----------------------|--------------------------------|
| 1 pt. milk | 3 t. salt |
| 1 pt. boiling water | 1 cake yeast. Dissolve in 1 c. |
| 1 tb. sugar | lukewarm water |
| 2 tb. lard or butter | Flour to make soft dough |

Put the salt, sugar, shortening and milk in a bowl and pour over them the boiling water. When lukewarm, add the yeast and enough flour to make

a dough. Turn on a well floured board and knead twenty minutes, or until it will work clear of the board without any flour. Put into a greased bowl, grease the top to prevent a hard crust from forming. Cover closely and do not let draughts of cold air strike it. Let rise till it doubles the size; over night in winter, about 4 hours in summer. Knead lightly to work out the bubbles of gas. Shape into loaves or rolls. Let loaves rise in the pan until double in size and bake forty to sixty minutes, or till a rich brown, and the loaf emits a hollow sound when tapped on the bottom.

Rolls should rise in the pan until double in size, and bake in a hot oven twenty minutes.

Parker House Rolls

Scald 1 pt. milk. Add 2 tb. butter, 2 tb. sugar and 1 t. salt. When lukewarm, add $\frac{1}{2}$ yeast cake dissolved in $\frac{1}{2}$ c. water. Add flour to make a soft dough. Knead 20 minutes. Let rise till it doubles in size, shape into rolls. Let rise 1 to $1\frac{1}{2}$ hours. Bake in a quick oven 20 minutes. Brush with milk or butter.

Graham Bread

1 pt. milk, scalded	$\frac{1}{2}$ cake yeast
$\frac{1}{2}$ c. molasses	2 c. white flour
1 t. salt	3 to $3\frac{1}{2}$ c. sifted graham flour

Add molasses and salt to milk. When lukewarm, add the yeast dissolved in $\frac{1}{2}$ c. sugar. Add more flour till a dough is formed a little softer than for white bread. Beat well. Let rise till it doubles in size. Stir down. Pour into greased baking-pans, let rise $\frac{3}{4}$ hour and bake a little longer in a more moderate oven than for white bread.

This recipe may be used for Whole Wheat Bread by substituting Entire Wheat flour for the graham flour.

German Coffee Bread

1 c. scalded milk	$\frac{1}{3}$ yeast cake dissolved in $\frac{1}{4}$ c. lukewarm water
$\frac{1}{3}$ c. butter or butter and lard	
$\frac{1}{4}$ c. sugar	$\frac{1}{2}$ c. raisins, stoned and cut in pieces
$\frac{1}{2}$ t. salt	
1 egg	

Flour to make stiff batter. Add butter, sugar and salt to milk; let stand until lukewarm; add yeast, egg well beaten, flour and raisins; cover and let rise over night, in morning spread one-half inch thick in buttered dripping-pan. Cover and let rise again. Just before baking brush with beaten egg and cover with the following mixture; melt 3 tb. butter, add one-third c. sugar and 1 t. cinnamon; when sugar is partly melted add 3 tb. flour.

Quick Breads

Baked Brown Bread

1 tb. butter, melted	$\frac{1}{2}$ t. salt
1 c. New Orleans molasses,	3 c. sour milk
dark	2 t. soda

Sifted graham flour to make a very soft dough.

Mix in order given, bake in a slow oven forty-five minutes. Butter the crust after taking bread from the oven.

Whole Wheat Bread

4 c. entire wheat flour	2 tb. sugar
4 t. baking powder	1 t. salt

About 1 pt. milk

Mix and sift dry ingredients. Add milk to form a drop batter. Bake in a moderate oven in a greased bread pan from thirty to forty minutes.

Graham Bread

2½ c. Graham flour	½ t. salt
½ c. white flour	1 t. soda
½ c. sugar	2 c. sour milk

Mix and sift dry ingredients. Add the sour milk and beat thoroughly. Bake in a moderate oven ½ to ¾ hour.

Nut Bread

4 c. white flour	2 c. milk
4 t. baking powder	1 egg well beaten
½ c. sugar	1 c. chopped nuts
	½ c. raisins

Mix and sift dry ingredients. Add milk to beaten egg and combine mixtures. Add nuts and raisins and beat thoroughly. Put into greased bread pan and let stand twenty minutes to rise. Bake in a moderate oven 30 to 40 minutes.

Note:—Half graham and half white flour may be used in place of all white flour.

Boston Brown Bread

1 c. rye meal	2 c. sour milk or 1¾ c. sweet milk or water
1 c. granulated corn meal	1 t. salt
1 c. graham flour	¾ c. molasses
2 t. soda	

Mix and sift dry ingredients, add molasses and milk. Beat well. Pour into well buttered moulds, and steam 3½ hours. The cover should be buttered. Never fill the mould more than two-thirds full. Baking powder cans or lard pails may be used for molds.

Chapter IX.**Desserts****Corn Starch Mould**

1 qt. milk, scalded.	¼ t. salt
½ c. corn starch	½ c. cold milk or water
½ c. sugar	1 t. vanilla

Mix corn starch, sugar and salt, add cold milk or water and stir, then pour this in a fine stream, stirring constantly into the hot milk; cool until thick in double boiler. Pour into moulds, which have been chilled in water; turn out and serve with a boiled custard. One-half cup cocoa may be mixed with dry material.

Rice Pudding

½ c. rice	½ t. salt
½ c. sugar	1 qt. milk
	½ c. raisins, if liked.

Wash rice, mix ingredients, pour into a pudding dish. Cover at first stirring occasionally. Bake from three to four hours in a slow oven, or until milk is absorbed. Serve hot or cold.

Bread Pudding

1 qt. scalded milk	2 eggs
$\frac{1}{3}$ c. sugar	$\frac{1}{2}$ t. salt
2 c. stale bread crumbs	1 t. vanilla or
$\frac{1}{4}$ c. melted butter	$\frac{1}{4}$ t. spice

Add bread crumbs to milk: when cool add sugar, eggs slightly beaten, salt, butter and flavoring; bake one hour in buttered pudding dish in a slow oven. Serve with vanilla sauce.

Cottage Pudding

1 egg	1 c. milk
$\frac{3}{4}$ c. sugar	$\frac{1}{2}$ t. salt
$1\frac{1}{2}$ tb. butter	3 t. baking powder
$2\frac{1}{4}$ c. flour	

Cream butter, add sugar, beaten egg, milk, sifted dry ingredients. Bake in shallow pan about 25 or 30 minutes. Serve hot with sauce.

Dutch Apple Cake

2 c. flour	4 tb. butter
$\frac{1}{2}$ t. salt	1 egg
3 t. baking powder	1 c. milk (scant)

2 sour apples

Mix dry ingredients, rub in the butter. Add milk and beaten egg. Spread on shallow pans. Pare and cut apples in eighths, lay them in parallel rows on top of dough, pressing them in lightly. Sprinkle top with 2 tb. sugar and $\frac{1}{4}$ t. cinnamon. Bake in a hot oven 20 to 30 minutes. Serve with lemon sauce.

Apple Tapioca

$\frac{3}{4}$ c. pearl or	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ c. minute tapioca	7 sour apples
Cold water	$\frac{1}{2}$ c. sugar
$2\frac{1}{2}$ c. boiling water	

Soak tapioca one hour in cold water to cover, drain, add boiling water and salt; cook in double boiler until transparent. Core and pare apples, arrange in buttered pudding dish, fill cavities with sugar, pour over tapioca and bake in moderate oven until apples are soft. Serve with sugar and cream or Cream Sauce I. Minute tapioca requires no soaking.

Apple Snow

4 sour apples	$\frac{1}{2}$ c. powdered sugar
3 whites of eggs	$\frac{1}{2}$ c. jelly

Pare, quarter and core the apples. Steam until soft, and rub through strainer. Beat whites of eggs until stiff, add gradually to sweetened apples, and continue to beat until like snow. Pile lightly on glass dish. Garnish with jelly. Serve with boiled custard.

Graham Pudding

1 egg	$\frac{1}{2}$ c. molasses
$\frac{1}{4}$ c. butter	$\frac{1}{2}$ c. milk
$\frac{1}{2}$ t. soda	1 c. raisins, seeded and cut in
1 t. salt	pieces
$1\frac{1}{2}$ c. graham flour	

Melt butter, add molasses and milk, the beaten egg, sifted dry ingredients, raisins. Turn into a buttered mould and steam $2\frac{1}{2}$ hours or in cups 1 hour. Serve with sauce.

Suet Pudding

2½ c. flour	1 c. molasses
1 t. soda	1 c. chopped suet
½ t. salt	1 c. raisins or currants or half
¼ t. cinnamon	of each
¼ t. nutmeg	1 c. water or milk

Sift salt, soda and spice with the flour; add suet, raisins. Beat in the water and molasses. Steam in a buttered mould 3 hours or in cups 1 hour. If water is used, add ¼ c. more flour. Serve hot with sauce.

To Prepare Raisins

Pour boiling water over them and allow them to remain in it for a few minutes. Drain, cut open with pointed knife and remove stones. They may be left whole, cut in halves, quarters, or chopped.

To Clean Currants

Look over carefully and remove all foreign substances. Rub thoroughly with flour, put currants in a colander, place in a pan of cold water and rinse, changing water until it is clear. Roll in a towel and dry in a moderately warm place.

To Prepare Suet

Remove outside skin, cut in small pieces, flour sufficiently to prevent it sticking together, and chop very fine. Suet should always be prepared in a cool place.

Pudding Sauces**Hard Sauce**

2 tb. butter	½ c. powdered sugar
	½ t. flavoring

Cream the butter, add sugar and flavoring. Beat till very light and put on ice till hard. Light brown sugar may be used instead of powdered sugar.

Lemon Sauce

2 c. boiling water	2 tb. corn starch.
1 c. sugar	2 tb. butter
Grated rind and juice of 1 lemon	

Mix corn starch and sugar, add boiling water, and boil until clear. Remove from fire and add flavoring and butter.

Vanilla Sauce

¼ c. butter	1 slightly rounding tb. of corn
½ c. sugar	starch
½ t. vanilla	1 c. boiling water

Cream butter, add sugar gradually, beat well, add a very little cold water to the corn starch, pour the boiling water over it, and stir over the fire until clear and bubbles. Pour this hot mixture over the butter and sugar just before serving. Flavor with vanilla.

Hot Chocolate Sauce

$\frac{1}{2}$ c. sugar	2 oz. Baker's chocolate
$\frac{1}{2}$ c. water	1 t. vanilla

Boil sugar and water together five minutes, add chocolate, cook till smooth. Add vanilla. Serve with pudding or ice cream.

Sugar Syrup

1 c. sugar	$\frac{3}{4}$ c. water
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Boil together slowly for ten minutes and serve with hot cakes. 1 tb. lemon juice may be added.

Caramel Sauce

$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. boiling water
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Melt sugar to a caramel, add water and boil 10 minutes.

Milk and Egg Combination Desserts**Soft Custard**

2 c. scalded milk	$\frac{1}{4}$ c. sugar
Yolks 3 eggs or	$\frac{1}{8}$ t. salt
2 whole eggs	$\frac{1}{2}$ t. vanilla

Scald milk in a double boiler. Beat the eggs; add sugar and salt. Add hot milk to this mixture, return to double boiler, and cook stirring constantly until mixture coats the spoon. Strain, flavor and cool.

Floating Island

Make soft custard using the yolks of three eggs. Prepare a meringue by beating the whites of the eggs until stiff, and then add 1 tb. of sugar for each egg-white. Drop the meringue by spoonfuls on the custard. If desired garnish with bits of jelly.

Tapioca Cream

$1\frac{1}{2}$ tb. minute tapioca	Whites 2 eggs
1 pt. milk	$\frac{1}{3}$ c. sugar
Yolks 2 eggs	$\frac{1}{8}$ t. salt
	$\frac{1}{2}$ t. vanilla

Put tapioca and milk in top of double boiler, cook until tapioca is transparent and soft. Beat yolks, add sugar and salt. Pour hot mixture slowly on to the beaten yolks, sugar and salt. Return to double boiler and cook, stirring constantly until it thickens slightly or until it coats the spoon. Remove from fire, cool. While the mixture is cooking beat whites until stiff. Add whites and vanilla. Beat until no white is seen. Serve cold.

Baked Custard

3 tb. sugar	1 pt. milk
$\frac{1}{8}$ t. salt	3 eggs

Scald the milk in double boiler. Add the sugar and salt to the beaten eggs and pour the scalding milk over them. Put in a baking-dish or cups, grate nutmeg over the top. Set the dish in a pan of hot water, and bake till a knife, when inserted, will come out clean. If baked too long the custard will separate and be watery. When done, take out of the water and set away to cool. Serve very cold.

Caramel Custard

4 c. scalded milk
5 eggs
1 t. vanilla
 $\frac{1}{2}$ c. sugar
 $\frac{1}{2}$ t. salt

Put sugar in omelet pan, stir constantly over heat until melted to a syrup of light brown color. Add gradually to milk, being careful that milk does not bubble up and go over, as is liable on account of high temperature of sugar. As soon as sugar is melted in the milk, add mixture gradually to eggs slightly beaten, add salt and flavoring, then strain into a buttered mould.

Bake as custard. Chill and serve with caramel sauce.

Pastry

General Rules

1. Pastry, if it is to be served at all, should be light, tender, and flaky, as it is more digestible.

2. All of the materials must be as cold as possible. Pastry flour should be used.

3. The following fats may be used alone or in combinations of two: butter, butterine, lard, cottolene, beef drippings.

Butter alone gives a very good color and flavor, but pastry is not so tender. Lard alone is so soft that it makes the crust crumble. Equal parts of lard and butter make the best crust.

4. The fat should not be cut very fine if a flaky crust is desired.

5. Use as little water as possible.

6. The dough should be mixed with a knife and not touched with the hands.

7. When a shell is to be made from the crust, it should be baked on the outside of plate, then filled. In this case the crust must be pricked all over with a fork so that it may keep its shape.

8. To line a plate with pastry, roll the pastry on a slightly floured board until it is one-eighth of an inch thick, keeping it as nearly round as possible, and roll it until it is one inch larger than the plate. Fit it smoothly on the plate, being careful not to stretch it. No greasing of tin is required.

9. If two crusts are used, moisten the edge of the lower crust with cold water, then fill and place the upper crust over the pie and press the edges together with the back of a fork, or fold the upper crust under the edges of the lower crust and press well together. The upper crust should also be one inch larger than the plate to allow for shrinkage and also folding it under the lower crust. Incisions should be made in it to allow the steam which forms to escape.

10. If no upper crust is to be used, the lower crust should be one inch larger than the plate and should be folded under to form a rim.

11. The oven for pastry should turn a piece of white paper dark brown in five minutes.

Paste for Pies

$1\frac{1}{2}$ c. flour.
 $\frac{1}{2}$ t. salt
 $\frac{1}{2}$ c. lard or equal parts of lard
or crisco and butter

Cold water

Mix salt and flour. Chop in shortening. Moisten to a very stiff dough with water.

Apple Pie

4 or 5 sour apples
 $\frac{1}{3}$ c. sugar
 $\frac{1}{4}$ t. grated nutmeg
 $\frac{1}{8}$ t. salt

1 t. butter
 1 t. lemon juice
 2 tb. water
 Few gratings lemon rind

Line pie plates with paste. Pare, core and cut apples into eighths, and cover plate evenly with them. Mix sugar, salt, lemon juice and rind and sprinkle over apples. Dot over with butter. Put on an upper crust. Bake 40 to 45 minutes in a moderate oven. If apples are well flavored, lemon juice and rind may be omitted. Evaporated apples may be used but should be soaked over night.

Pumpkin Pie

$1\frac{1}{2}$ c. stewed and sifted
 pumpkin
 1 c. scalded milk
 $\frac{1}{2}$ c. sugar

$\frac{1}{2}$ t. salt
 $\frac{1}{2}$ t. ginger
 1 t. cinnamon
 1 egg

Beat egg slightly, then mix ingredients in the order given. Line a pie plate with pastry, put on a rim, and pour in the mixture. Bake until mixture is firm and pastry well browned.

Lemon Pie

2 tb. corn starch
 2 tb. cold water
 1 c. boiling water
 1 c. sugar

Juice and grated rind of 1 large
 lemon
 Yolks of 2 eggs
 1 tb. butter

In top of double boiler mix cornstarch and cold water, add boiling water and cook directly over the fire, stirring constantly until mixture thickens. Add sugar. Remove from fire. Beat yolks of eggs until light. Pour hot mixture slowly on to the beaten yolks. Return to double boiler, add lemon and butter. Cook over water until egg thickens. Cool and fill crust. Cover with meringue and bake until light brown.

Meringue

2 egg whites

2 tb. powdered sugar

Beat whites until stiff, gradually beat in the sugar. Meringue requires a cool oven.

Gelatine

Gelatine is a substance obtained by cooking cleaned bones, skins and connective tissues of animals in boiling water for a long time. There are three forms of gelatine, sheet, stick and powdered.

Gelatine softens and swells in cold water, is dissolved in boiling water and turns to a jelly when chilled.

Gelatine should not be boiled as it will not harden when cooled.

General Rules

Jellies should be cooled as quickly as possible.

Jellies should always be strained.

Acid jellies should not be moulded in tin.

Moulds should be wet with cold water before using.

To unmould jellies dip quickly into hot water

Lemon Jelly

$\frac{1}{2}$ box gelatine or 2 tb. granu- lated gelatine	$2\frac{1}{2}$ c. boiling water
$\frac{1}{2}$ c. cold water	1 c. sugar
	$\frac{1}{2}$ c. lemon juice

Soak gelatine in the cold water, add the boiling water, stir until gelatine is dissolved, add sugar and lemon juice and strain. Turn into a mould wet in cold water and chill.

Snow Pudding

$\frac{1}{4}$ box gelatine or	1 c. boiling water
1 tb. granulated gelatine	1 c. sugar
$\frac{1}{4}$ c. cold water	$\frac{1}{4}$ c. lemon juice

Whites 3 eggs

Put gelatine to soak in the cold water, add the boiling water and stir until gelatine is dissolved, then add sugar and lemon juice. Strain and set aside to cool, stir mixture occasionally. When quite thick as molasses beat with a Dover beater until frothy; add the egg whites beaten stiff and continue beating until stiff enough to hold its shape. Mould. Serve cold with a boiled custard.

Jellied Prunes

$\frac{1}{2}$ lb. prunes	1 c. sugar
2 c. cold water—boiling water	$\frac{1}{4}$ c. lemon juice
$\frac{1}{2}$ c. cold water	Whites 3 eggs
$\frac{1}{2}$ box gelatine	

Wash prunes and soak for several hours in the 2 c. cold water, cook in same water till soft. Remove prunes, stone, and cut in quarters. To the prune water add enough boiling water to make 1 pt. Add gelatine that has been soaked in the $\frac{1}{2}$ c. cold water, stir till dissolved. Add lemon juice and sugar, pour over the prunes. Stir twice till stiffened.

Serve with sweetened cream or boiled custard.

Frozen Desserts**Freezing****General Rules**

I. Use rock salt. II. Pound ice fine. III. Scald can, dasher and cover. IV. Fit can into socket in pail. V. Fill the space between can and pail with alternate layers of ice and salt, using three measures of ice, then one of salt, letting it come a little above the height of liquid in can. VI. Turn the crank slowly and steadily until the cream is rather stiff, then more quickly. VII. Remove the dasher, scrape cream from the sides of the can and pack it down level, put a cork in the hole in the cover, draw off the water, repack with ice and salt, cover with an old blanket or piece of carpet and let stand at least one hour before using.

Lemon Milk Sherbet

1 qt. milk	Grated rind 2 lemons
1 c. sugar	Juice of 2 lemons
Beaten whites 2 eggs	

Put milk, sugar and rind into freezer and thoroughly mix; half freeze: then remove the dasher, and stir into mixture the lemon juice, beaten whites and vanilla if desired, return dasher and finish freezing.

Lemon Ice

4 c. water

2 c. sugar

 $\frac{3}{4}$ c. lemon juice

Make a syrup by boiling water and sugar 10 minutes; add lemon juice; cool, strain and freeze.

Strawberry Ice

4 c. water

1 tb. lemon juice

 $1\frac{1}{2}$ c. sugar

2 c. strawberry juice

Make a syrup as for lemon ice, cool, add strawberries, mashed and squeezed through double cheese cloth, and lemon juice; strain and freeze.

Ice Cream $\frac{3}{4}$ c. sugar

1 qt. thin cream

 $1\frac{1}{2}$ t. vanilla

Scald $\frac{1}{2}$ the cream, add sugar and flavoring. When cool add remaining cream and freeze.

Junket Ice Cream

1 pt. milk

 $\frac{1}{2}$ tb. vanilla $\frac{1}{2}$ c. double cream $\frac{1}{2}$ junket tablet $\frac{1}{2}$ c. sugar

1 tb. cold water

Crush junket and let stand in cold water to dissolve. Heat the milk, cream and sugar and vanilla to about 90 degrees F. Stir in the dissolved tablet, pour into the can of the freezer, and let stand in a warm place until the mixture "sets" or jellies. Do not jar the mixture while it is jellifying. Then set freezer in can and freeze.

Chapter X.**Preserving**

Under ordinary conditions foods can not be kept for any length of time in a good, wholesome condition because bacteria, yeasts and moulds will find their way to the food, and it will mould, decay and "spoil," for the spoiling of food is simply the result of its consumption by tiny living beings, called bacteria. In order to prevent this, we use various methods of preserving.

The methods generally used are cold storage, drying, salting, pickling, smoking, canning, by the use of oil and also by the use of antiseptics such as borax and salicylic acid.

Preserving in the ordinary sense means the cooking of fruits in a thick syrup made of equal or nearly equal weights of sugar and fruit, little or no water being used, according to the fruit.

By this method the water is drawn out and the sugar takes its place. Preserving includes the making of jellies, jams and marmalades.

Canning is preserving sterilized foods in sterilized, air tight cans or jars. Meats, fish, vegetables and fruits are thus preserved. In canning, fruits are rendered sterile or free from germ life by boiling.

Canning Fruits and Vegetables**Selecting Fruits and Vegetables for Canning**

All fruits and vegetables used for canning should be young, freshly picked and not overripe. "Specked" fruit may be used if the imperfect parts are carefully cut away.

Methods of Canning

There are two principal methods of canning, the open kettle and the cold-pack methods.

Open-Kettle Method

The open-kettle method is so called because the product to be canned is cooked in an open kettle and then put into sterile jars and sealed. This method is effective only for canning fruits and tomatoes.

When the open-kettle method is used the rubbers, covers, and jars must be sterilized before the cooked fruit is put into them. The jars, rubbers and covers are washed, put into a large pan on a rack or thick pad to prevent them from resting on the bottom of the pan. They are then covered with cold water which is brought slowly to the boiling point and allowed to boil ten minutes.

The fruit to be canned should be crushed, peeled or pared, and cooked in a sugar syrup until tender. The syrup used may be either thick, medium or thin, according to the fruit being canned (see directions). When tomatoes are canned by this method, scald them first, remove skins, cut into quarters or eighths, boil from 20 to 30 minutes and put into sterilized jars.

In canning by this method care should be taken that all air bubbles are removed and that the jars are filled to overflowing before sealing.

Sterilizing—Put jars and covers into a dish pan, cover with cold water and bring to the boiling point. Always dip the spoon, strainer, rubbers, etc., into the boiling water before using.

To fill jars—Remove jars from the boiling water, and stand them on a cloth wet in boiling water; fill the jars with fruit a little at a time, then fill the jars to overflowing with syrup. Before putting on the cover, with the handle of a silver spoon press down inside the edge of jar to allow confined air to escape, fill again, and seal at once. Always use new rubbers, old rubbers become porous, and let in air.

Canned Peaches

Pare the peaches, dropping them into cold water to prevent discoloring. Make a syrup, allowing 1 c. of water to 1 c. of sugar. Boil it 15 minutes; put in peaches a few at a time and cook until soft.

Canned Pears

Wipe and pare fruit. Cook whole with stems left on, or cut in halves and core. Follow directions for canning peaches. A small piece of ginger root or lemon rind may be cooked with syrup.

Tomatoes Canned for Stewing or Soup

Wipe the tomatoes, cover with boiling water, and let stand until skins may be easily removed. Cut in pieces and boil fifteen or twenty minutes; skim often during cooking. Fill jars to overflowing and seal.

Sweet Pickled Peaches

½ pk. peaches	1 pt. vinegar
1 oz. stick cinnamon	2 lbs. brown sugar

Cloves

Boil sugar, vinegar and cinnamon twenty minutes. Peel the peaches and stick four cloves in each peach. Put them into the syrup and cook until easily pierced with a fork. Put in jars and fill jars with syrup.

Cold-Pack Method

The cold-pack method consists in packing the raw or blanched product into the jar and cooking (sterilizing) the whole at one time in boiling water

or steam. It is on the whole the more satisfactory method because it saves time and labor and because either fruit, vegetables, or meat keep indefinitely if sufficient time is given to processing.

Types of Canners—Home-Made and Commercial

A wash boiler or a deep pan with a tightly fitting cover makes a good home-made canner if a rack is used to prevent the cans from resting on the bottom.

Commercial pressure canners or steamers may be used very effectively for this process. Complete directions for their use always come with such outfits.

Canning Fruit by the Cold-Pack Method

Fruits canned by the cold-pack method are usually packed with syrup, but hot water alone may be used and the sugar added when the fruit is served.

Canning Vegetables by the Cold-Pack Method

Vegetables are usually packed in slightly salted water called brine. This is made by adding 1 level teaspoon of salt to a pint of water. Certain vegetables, for example peas and corn, are improved by adding 1 teaspoon of sugar to a pint of brine.

When canning tomatoes, the brine may be made of strained tomato juice instead of water. Cooked tomatoes are used for making this juice.

Steps in the Cold-Pack Process

1. Clean jars and test and adjust rubbers.
 2. Prepare material to be canned according to directions given on charts.
 3. Hot-dip (blanch or scald) the prepared material. This process consists in (plunging) immersing the prepared product in boiling water for different lengths of time according to the material to be canned. (See Chart). Hot-dipping shrinks the product and enables one to pack more material in a jar.
 4. Cold-dip the material. This process consists in plunging the blanched or scalded food into cold water which makes it easier to handle.
- (Steps 3 and 4 are not necessary in canning some fruits. These are indicated in the chart.)
5. Pack material in the jar. Cover with liquid (syrup or brine.)
 6. Remove air bubbles by inserting fork or knife blade close to the side of the jar. The opening thus made allows the bubbles to escape.
 7. Adjust the cover of the jar but do not fasten it down too tight.
 8. Process.* Place in canner and cook according to time given on chart. Do not begin to count time until the water boils. At the end of the period, remove from cooker and seal tight at once. Test for leaks by turning jar upside down. Leaks are caused by defective rubbers which may be replaced by new ones which have been boiled for 3 minutes. If the jars have cooled when the leaks are discovered, they must be reprocessed until the contents are thoroughly reheated. Jars should be cooked gradually and all drafts should be avoided.

9. Store canned goods in a cool, dark place. Turn jars of berries on their sides for several days before storing. This distributes the fruit evenly.

*A few years ago the so-called intermittent process was used for canning vegetables. It was believed to be necessary to cook the product for a short time for several successive days. While this process is still admitted to be satisfactory, it has been found that one long period of time will can the vegetables successfully.

Making Syrups

Canning syrup is prepared by mixing 2 cups of sugar and 3 cups of water and boiling it for different lengths of time.

1. **Thin.** The sugar and water is boiled for 2 or 3 minutes. This begins to be sticky when cooled on a spoon. Used for raspberries and most soft berries.

2. **Medium Thick.** The sugar and water boiled 6 to 8 minutes. This catches over the edge of spoon or rolls up as you pour it out. It is used for gooseberries, strawberries, red raspberries, apricots, sour apples or any sour fruits.

3. **Thick Syrup.** The sugar and water is boiled from 8 to 12 minutes. (Avoid crystalization). This is of the right consistency when it is hard to pour because of thickness. It is used for both fire-cooked and sun-cooked preserves.

TIME TABLE FOR COLD-PACK CANNING

Product	Blanch and Cold Dip	Preparation	Sterilization	Remarks
Peaches	1-2 min.	Skin, cut in halves remove pits, add syrup.	16 min.	Allow to stand upside down over night.
Plums		Wash and pack add syrup.	16 min.	
Pears		Pare, core, pack, add syrup.	20 min.	
Strawberries		Wash before hulling, pack, add syrup.	16 min.	
Tomatoes	1½ min.	Without syrup. Skin, cut out blemishes and blossom end. Pack, press down add no water. Add 1 t. salt per qt.	30 min. 22 min.	
Carrots	5 min.	Scrape, pack, add boiling water add 1 t. salt per qt.	90 min.	

Method of Making Jelly

I. Jelly should be clear and sparkling and retain the flavor of the fresh fruit.

Use only perfect fruit and be sure it is not too ripe.

II. Except in case of currants and grapes, the fruit should be cut in small pieces and cooked with little or no water; use a wooden spoon to stir while cooking. Strain juice through a pointed bag; for first-grade jelly do not squeeze the bag.

Measure juice in glass cups and allow 1 lb. sugar to every pint of juice. Bring the juice slowly to the boiling point; using a granite pan. Meanwhile have the sugar in the oven to heat so the boiling can go on, and when the juice has boiled slightly add the heated sugar. Boil slightly and skim carefully, being particular not to stir it; boil five minutes, then try on a cold plate. If a thin scum forms quickly, pour at once into sterilized jars. Fill glass full as it shrinks in cooling.

III. Before using the jelly bag sterilize it by dipping it in boiling water.

IV. Methods of excluding air from jam or jellies: Cover with paper the underside of which has been coated with white of egg. Cover with melted paraffine. Melt in saucepan and pour over the cold jelly to the depth of about $\frac{1}{8}$ inch.

Crab Apple Jelly

Cut apples in quarters, without removing skins or cores. Cover with cold water and boil gently until soft. Proceed as in method of making jellies.

Cranberry Jelly

Cook 1 quart cranberries in 1 c. boiling water over a hot fire, about 5 minutes, or until the berries burst. With a wooden spoon press the pulp through a coarse sieve, add 1 pt. of sugar, and stir over the fire until the sugar is dissolved and the mixture begins to simmer, then skim, and pour into cup to cool.

Grape Jelly

Wash and remove grapes from stems, put in granite kettle with one cup of water to prevent fruit from sticking. Cook until quite soft, pour into double jelly bag, allow to drip over night. Measure juice, place in kettle and bring to boiling point. Add $\frac{3}{4}$ cup of sugar for each cup of juice. Boil from fifteen to twenty minutes, test with cold plate.

Grape Jam

Remove grapes from the stem, wash in cold water, squeeze pulp from skins, then boil the pulp until the seeds will separate easily; press through a sieve, add one-half the skins to the pulp and measure. Allow 1 c. sugar to 2 c. grapes. Boil gently for 15 minutes or longer, if necessary. Jam should be quite thick. Pour into jars or glasses, cool and cover with prepared paper or melted paraffine.

Amber Marmalade

1 grape fruit	1 lemon
1 orange	7 pts. cold water
10 c. sugar (5 lb.)	

Wash fruit and wipe. Cut into quarters, then cut them, peel and pulp into thin slices, discarding seeds. Add cold water and let stand over night. Cook until peel is tender, 2 or 3 hours. Set aside over night. Heat and add sugar and cook, stirring occasionally until syrup thickens slightly on a cold dish. Test same as for jelly. Second boiling will take 2 hours.

Chapter XI.

Sandwiches

Sandwiches are best when prepared just before serving, but for the lunch or picnic basket they may be kept wrapped in confectioners' or oiled paper. For large companies they may be kept wrapped in a damp cloth wrung as dry as possible, then surround with a dry cloth or covered with a large earthen bowl.

Rules for salads hold good at all times for sandwiches.

Any variety of bread 24 hours old may be used. Sometimes two varieties are combined in the same sandwich.

Let the bread, freed from crust, be cut into slices one-eighth inch thick.

Cream butter to insure its spreading smoothly and evenly. Avoid spreading the butter or the filling over the edges.

When slices of meat are used, let them be cut as thin as wafers and use more than one in each sandwich.

Cold meats may be minced fine and a little salad dressing used with them.

Salted meats and fish give sandwiches a very pronounced flavor.

Acids in form of lemon juice, chopped pickles or capers are improvements to these and all fish sandwich mixtures.

Sweet sandwiches are served with cocoa or tea; jams and marmalades are the usual fillings.

Sandwiches are dancier if made small.

Egg Sandwiches

Chop hard cooked eggs fine, season with salt and pepper and moisten with salad dressing. Spread mixture between thin slices of buttered bread. Lettuce may be used.

Lettuce Sandwich

Trim thin slices of bread into shape, spread with salad dressing, and put pieces of lettuce between the slices. Wrap each sandwich in oiled paper if for picnics or traveling.

Ham Sandwiches

Chop cold boiled ham fine. To each half c. of chopped ham add $\frac{1}{4}$ t. mustard, a speck of paprika, and moisten with salad dressing. Spread between thin slices of buttered bread.

Sautéd Cheese Sandwiches

Mix grated cheese with salad dressing and spread between slices of buttered bread. Dip in white of egg slightly beaten with 1 tb. milk. Cook in hot fat until a delicate brown.

Brown Bread Sandwiches

Brown bread to be used for sandwiches is best steamed in one-pound baking powder boxes. Spread and cut bread as for other sandwiches. Put between layers finely chopped peanuts seasoned with salt, or grated cheese mixed with chopped English walnut meats seasoned with salt.

Ham and Pickles

$\frac{1}{2}$ lb. boiled ham, chopped
fine

6 sweet pickles or 12 stuffed
olives

Mix ingredients together thoroughly. Add mayonnaise dressing to moisten. Spread between thin slices of buttered bread, placing lettuce between the slices.

Cheese and Nut Sandwiches

1 cake cream cheese

$\frac{1}{2}$ c. finely chopped nuts

Cream or Mayonnaise to moisten

Spread between thin slices of buttered bread, placing a lettuce leaf between the slices.

Chapter XII.

Invalid Cooking

In preparing food for an invalid, the following points should be observed:

The preparation and serving of food is of special importance in illness. Food for invalids should be perfectly cooked, attractively served and all utensils used should be scrupulously clean.

Food should be suited to the digestive powers of the patient, and should be served in small quantities, just enough to satisfy hunger or to furnish needed strength.

In a severe illness the doctor prescribes the kind and amount of food to be given. In long and protracted illness it is necessary to take nourishing food in small quantities at frequent intervals. In short spells of illness it is sometimes best to go without food for a day or more so as to give the system complete rest.

The following foods are easily digested and are given to invalids: milk, eggs (raw or slightly cooked), beef tea, gelatinous jellies, gruels, well-cooked cereals, juice of oranges, grapes and other fruits, frozen desserts.

Serving Food

Use the daintiest dishes in the house. Place a clean napkin on a tray and, if possible, a fresh flower.

Serve everything in small quantities, as it is more tempting to a delicate appetite.

Try to surprise the patients by some unexpected food and in this way induce them to take nourishment.

Serve hot food hot and cold food cold.

Remove the tray as soon as food is eaten, as food should never stand in a sick room.

Toast

Cut stale bread in $\frac{1}{4}$ inch slices. Move gently over a fire in a toaster till dry, then hold it nearer till a golden brown. Or, dry it out in the oven and then brown it.

Cream or Milk Toast

1 c. milk, scalded
 $\frac{1}{8}$ t. salt

1 tb. butter
 $\frac{3}{4}$ tb. flour

Make a white sauce of above ingredients, pour this between the slices of toast and over the whole. Serve very hot.

Albuminized Orange

1 egg white

1 tb. sugar
1 orange

Beat white of egg and orange juice until well blended, add sugar and beat. Serve cold.

Egg Nog

Beat one egg, add 1 t. sugar, pinch salt, and beat till creamy. Add $\frac{3}{4}$ c. milk. Sprinkle the top with grated nutmeg.

Cracker Gruel

4 tb. powdered crackers
 $\frac{1}{2}$ t. salt

1 c. boiling water
1 c. milk

Mix the salt with cracker, add to the milk and water, cook for a few minutes, strain and add more salt if needed.

Oatmeal Gruel

$\frac{1}{2}$ c. coarse oatmeal
3 c. boiling water

$\frac{1}{2}$ t. salt
Milk

Add oatmeal and salt to boiling water and cook three hours in a double boiler. Force through a strainer, dilute with milk and cream, reheat and serve.

Flaxseed Lemonade

1 tb. whole flaxseed
1 pt. boiling water

Lemon juice
Sugar

Pick over and wash the flaxseed, add water and cook two hours, keeping just below the boiling point. Strain, add lemon, and sugar to taste.

Beef Tea

Remove all fat from 1 lb. round steak. Put meat through meat chopper, and put in a glass fruit jar. Pour 2 c. cold water over it and let soak $\frac{1}{2}$ hr. Set in a kettle of cold water and heat gradually. Keep the water below boiling point 2 hours. Strain, add a little salt and serve.

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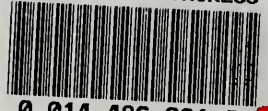
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